

It seems that now everyone is trying to eat as much protein as possible. But is it really so important and how many this substance should you actually receive daily?

Myth No. 1: only 30 g of protein can be learned for one meal. According to one study of 2023, a 100-gram protein dose leads to a significantly more pronounced process of increasing new muscle tissue by the body than 25 gram. This means that the body is able to absorb and process a lot of protein in one meal. In other words, do not limit yourself to only 30 g.

Myth No. 2: Older people do not need a lot of protein. In fact, they need to eat protein even more. All because the elderly lose their muscle mass and their body cannot just as effectively process protein as before. Studies show that people aged 65 and older need to receive from 1.0 to 1.3 g of protein per 1 kg of body weight per day. And this is only to maintain general health and physical activity. If a person plays sports, he may need even more protein.

Myth No. 3: After training, you must eat protein. The most important thing is the general consumption of protein in combination with strength exercises, and not the exact time when you eat products with protein. Some experts recommend that there are protein dishes with an interval of at least three hours to maximize muscle growth.

Myth No. 4: A high protein diet harms the kidneys. Studies demonstrate that protein consumption in an amount exceeding 5 times the recommended daily norm is safe and does not affect the work of the kidneys or the body as a whole in healthy people.



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Myth No. 5: Recommended daily protein consumption rate is the purpose that should be striving for. In fact, this is the minimum amount of protein necessary to meet the needs of the body in amino acids and prevent muscle mass loss. Most of us need much more this norm to maintain overall health.

Myth No. 6: A sufficient amount of protein can be obtained from meat. In fact, the entire necessary amount of protein can be obtained from plant foods. True, according to research, vegans and vegetarians need to consume 20-40 % more vegetable protein than an animal in order to receive the required amount of essential amino acids.

Myth No. 7: High protein consumption is harmful to bones. Studies show that if you consume more than the recommended protein norm, it will be useful for bone health, it will be able to protect from the loss of bone mass and osteoporosis.

Myth No. 8: Protein is important only for active people. Protein is important for all

The most popular myths about protein are named

people. It provides a feeling of satiety, supports healthy weight control, immune function, the production of hormones and enzymes, organs structure.

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