

Creatine is an amino acid that helps to generate energy, increases muscle strength and bone mass, improves cognitive functions, protects against chronic diseases, reduces blood sugar. It is recommended to get from 3 to 5 g of this substance from food per day. Here are the CREATINA products in which products are especially a lot.

Beef. 113 g of this meat contains 0.5 g of creatine. Also in beef there are all nine indispensable amino acids.

Pork. A portion accounts for 0.5 to 1 g of creatine. In addition, 110 g of fried pork bones contains more than 27 g of protein, a lot of potassium, vitamin B6.

Lamb and lamb. Of the 113 g of such meat, you will receive 0.3-1.3 g of creatine. This is more than in chicken, beef and pork.

Bird. One chicken breast weighing 170 g will give you 0.3 g of creatine. There are also a lot of protein, selenium, phosphorus, B vitamins, there are all irreplaceable amino acids in the poultry.



Olga yastremska / getty images

Duchy meat. His common species are venison, bison, rabbit, wild boar. This meat is rich in iron, zinc, protein, B vitamins B. The exact amount of creatine in it is unknown, but probably it is similar to other types of red meat.

Fish. Depending on the variety, a portion accounts for 0.2-0.5 g of creatine. Also, fish is an excellent source of omega -3 fatty acids, protein.

Shrimp. 1 kg of these seafood accounts for 0.7 g of creatine.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.