

How important is Protein When Building Serious Mass

How important is Protein When Building Serious Mass?

Many body builders are drinking protein shakes to build [Serious Mass](#). Dieters are gobbling down protein bars hoping for quick weight loss. Protein is an important component of every cell in the body. Nails and Hair are primarily made of protein. Your body uses protein to repair and build tissues. You also use protein to make hormones, enzymes, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Along with fat and carbohydrates, protein is a "macronutrient," meaning that the body needs relatively large amounts of it. Vitamins and minerals, which are needed in only small quantities, are called "micronutrients." But unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it needs a new supply.

Nutrition experts recommend the following sources for getting dietary proteins from the following: Whole grains: A slice of whole wheat bread gives you 3 grams of protein. Beans contain more protein than any other vegetable protein. Plus, they're loaded with fiber that helps you feel full for hours. Fish offers heart-healthy omega-3 fatty acids and, in general, less fat than meat. One ounce of almonds gives you 6 grams of protein, nearly as much protein as one ounce of broiled rib eye steak. And Poultry can eliminate most of the saturated fat by removing the skin. We can all benefit from getting more protein from better food sources.

According to the U.S. Department of Health and Human Services, extra protein doesn't give you extra strength. Bodies need a modest amount of protein to function well. Unless you are a serious athlete and are able to use up the extra protein, Teenage boys and active men can get all the protein they need from three daily servings for a total of seven ounces. For children age 2 to 6, most women, and some older people, the government recommends two daily servings for a total of five ounces. For older children, teen girls, active women, and most men, the guidelines give the nod to two daily servings for a total of six ounces.

High protein diets can increase fat burning in the body. They increase satiety (the sense of being "full" or "satisfied" after a meal). They decrease subsequent energy (calorie) intake by the body, and they can lead to weight loss. On average, high-protein diets produced an average weight loss that can be about 4.5 lbs greater than that achieved on other diets after six months. Protein can be converted by the body into glucose for energy, but it takes twice as much effort as converting carbohydrates or fats into glucose. The extra effort translates into more calories being burned.

About the Author

Lori Vollmer has researched the benefits of [Optimum Nutrition 100% Egg Protein](#) and [Optimum Nutrition Classic Whey](#), and has written numerous articles about them. She takes care of her elderly parents and has them both using protein powders daily. [Optimum Nutrition Classic Whey](#)
[Optimum Nutrition 100% Egg Protein](#)

Source: <http://www.eatsee.com>