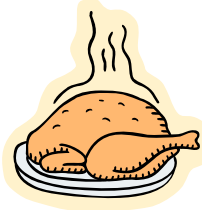
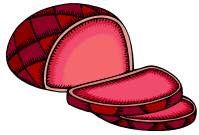




Lean and Mean

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Much confusion about protein!

Most Americans eat too much protein. Yes, you read that correctly—**TOO MUCH**. Portion sizes in the United States are huge! For example, one order of “chicken parmesan” @ Fazoli’s provides 55 grams of protein. Add 4 grams for the breadstick and a woman has already met her protein RDA for the day! (The RDA for protein for 19-30 year old women is 56 grams)

Don’t athletes need more protein?

Technically, the answer is yes-- but it’s a moot point. Most couch potatoes in the United States eat enough protein to be in the Olympics despite the fact that they aren’t training. Indeed, active people need to include protein foods. Still, it’s amazingly easy to do! A 190-pound body builder would need ~150 grams of protein per day to train.

Breakfast: 2 eggs, 2 slices toast, + 1 cup nonfat milk = **30 grams**

Lunch: One, 6-in. roasted chicken sub with baked chips and a cookie = **26 grams**

Afternoon snack: One PB & J with 1 cup of nonfat milk = **20 grams**

Supper: 4 oz fish, 1 cup pasta, 1 cup vegetables, 1 cup milk and a salad with 2 oz shredded cheese and sunflower seeds and 1 cup frozen yogurt for dessert = **77 grams**

Total: **153 grams!** Call me crazy, but these portions look a bit *puny* for a body builder?! Suffice it to say-- most Americans don’t have any trouble eating enough protein. Notice too, that expensive protein “builders, powders, mixers, potions” weren’t even needed.