Question:   
Do you think Americans consume enough protein daily?  Why or why not?  And in what cases would you recommend supplementing with protein and why?  Please include examples.

Student Post1 : Jennifer  
I do think American’s consume enough protein. Actually, in North America we typically go beyond the RDA for protein intake (56g for men, 46g for women) and consume 100g for men, and 65g for women. 70% of American’s protein intake comes from animal sources such as eggs, meat, poultry, fish, cheese, beans and nuts. In other parts of the world 35% of protein intake comes from animal sources. According to the text, in America, we could benefit from adding soy and plant based proteins to our diets. Plant based proteins and soy can help decrease the risk of CVD, some cancers, obesity, and diabetes. I would recommend that someone who has high blood pressure, or has high cholesterol try to swap out their meat meals once or twice a week with a meatless dish. I think that everyone, even in good health can benefit from swapping out some animal proteins with plant based proteins. I often make a 3-bean chili that tastes fantastic. There’s also a “Meatless Monday” initiative-swapping meat for a plant based protein every Monday.

Personally, I do supplement with whey protein. I run. Some of my long run can be 10-12 miles. After those runs, I will drink a whey protein shake mixed with water that provides me with 20g of protein. I’m burning a lot of calories and want to make sure I get enough protein to build muscles and keep myself strong. I think athletes who burn a tremendous amount of calories should try to get as much protein as they can from real food, but supplement if they need to. Both my nephews have been very small as they grow up and are very picky eaters. Sometimes they won’t eat breakfast. Their mother does have them drink a protein drink since they usually will not want to eat breakfast. Again, I feel that getting all our protein should come from real food, but in this case I think it is helping my nephews meet some of their protein needs since they are such picky eaters, and they’re so tiny.

https://www.meatlessmonday.com/favorite-recipes/

Student 2: KatsiarynaAranda

I believe that Americans consume enough protein daily. "In fact, North Americans typically consume protein in amounts exceeding the RDA, equaling about 100 g of protein daily for men and 65 g daily for women" (Byrd-Bredbenner et al., 2019, p. 241). The problem is that the majority of protein intake in America comes from animal sources that are rich in saturated fat and cholesterol, which increases your risk for CVD and other health issues.

As far as protein supplements, they "can be especially helpful for older adults who naturally lose muscle as part of aging, those on weight loss diets to help them preserve lean muscle during weight loss, and physically active individuals" (Byrd-Bredbenner et al., 2019, p. 242). Another group of individuals who might benefit from taking protein supplements are hospitalized patients who "are at risk of protein-energy malnutrition because of poor dietary intakes and increased needs for recovery from surgery, trauma, or disease" (Byrd-Bredbenner et al., 2019, p. 251).

Reference:

Byrd-Bredbenner, C., Moe., G., Berning, J., and Kelley, D. (2019). *Wardlaw's Perspectives in Nutrition*. (11th ed.). New York, NY: McGraw-Hill Education.