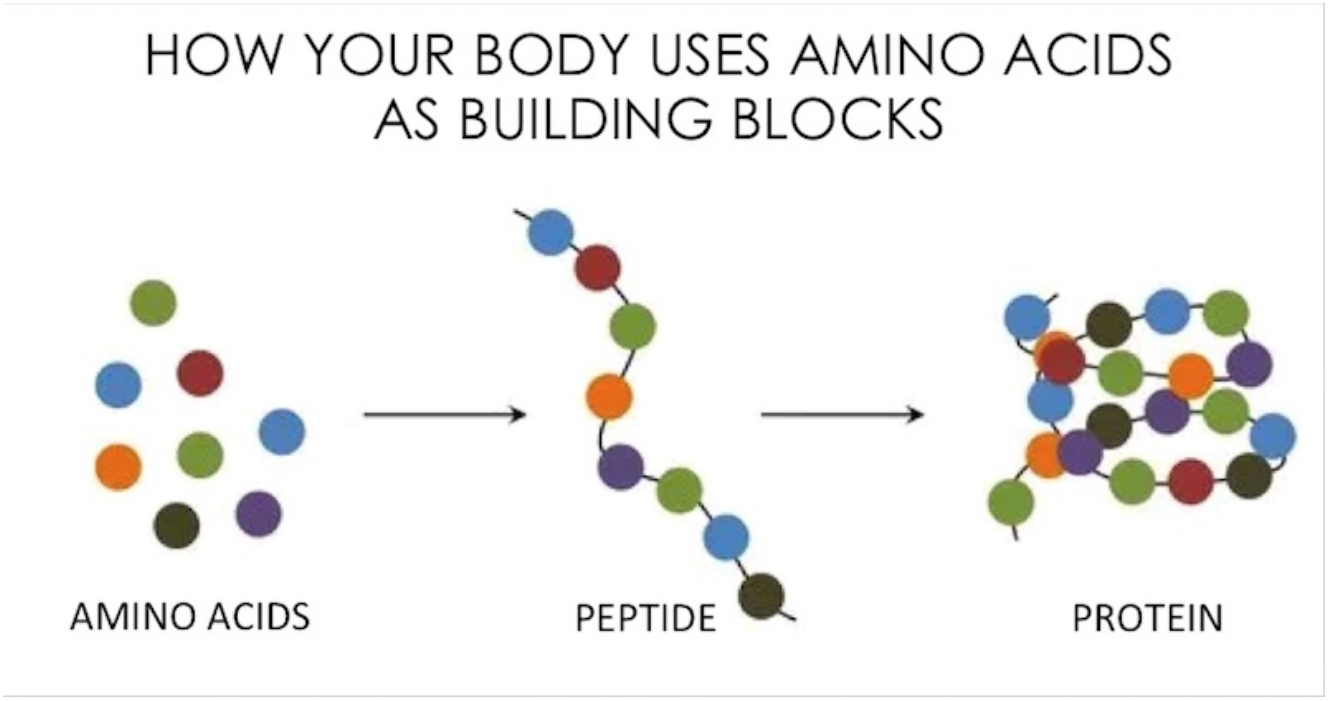
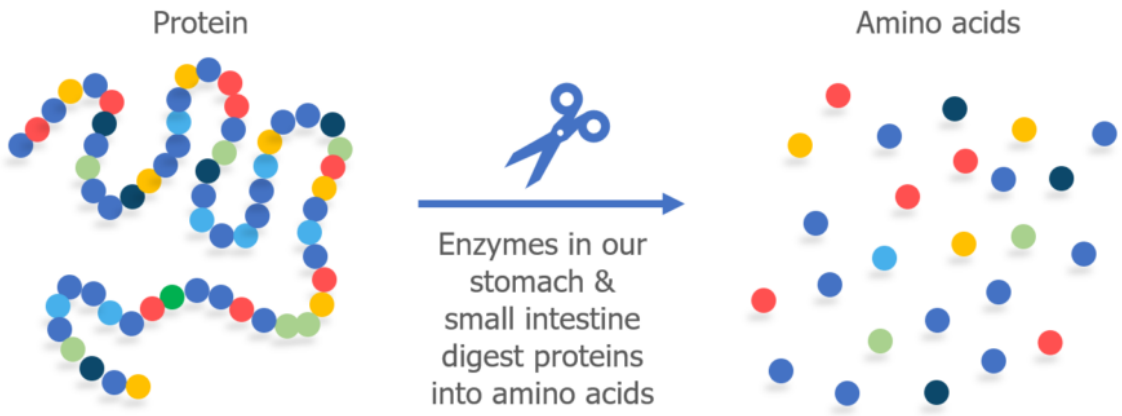
DO-PROTEIN

To day, we are going to discuss PROTEIN, I have put in many hours of research, so I can give you the absolute truth. So let us just dive into it, the primary function of protein is to build and repair body tissues and also structures, it is involved in the synthesis of hormones, enzymes, and also regulatory peptides. Additionally, to this, protein can be used for energy yes my friends energy, if calories or carbohydrate are insufficient in our diet. Proteins are made up of amino acids being linked together by peptide bonds. Our bodies uses approximately 20 amino acids to build its many proteins. An example is, as specific words are formed by certain sequences of letters, arranging the amino acids in different sequences yields the body’s myriad of proteins, (from a muscle protein like actin to proteins that make up the lens of our eyes.

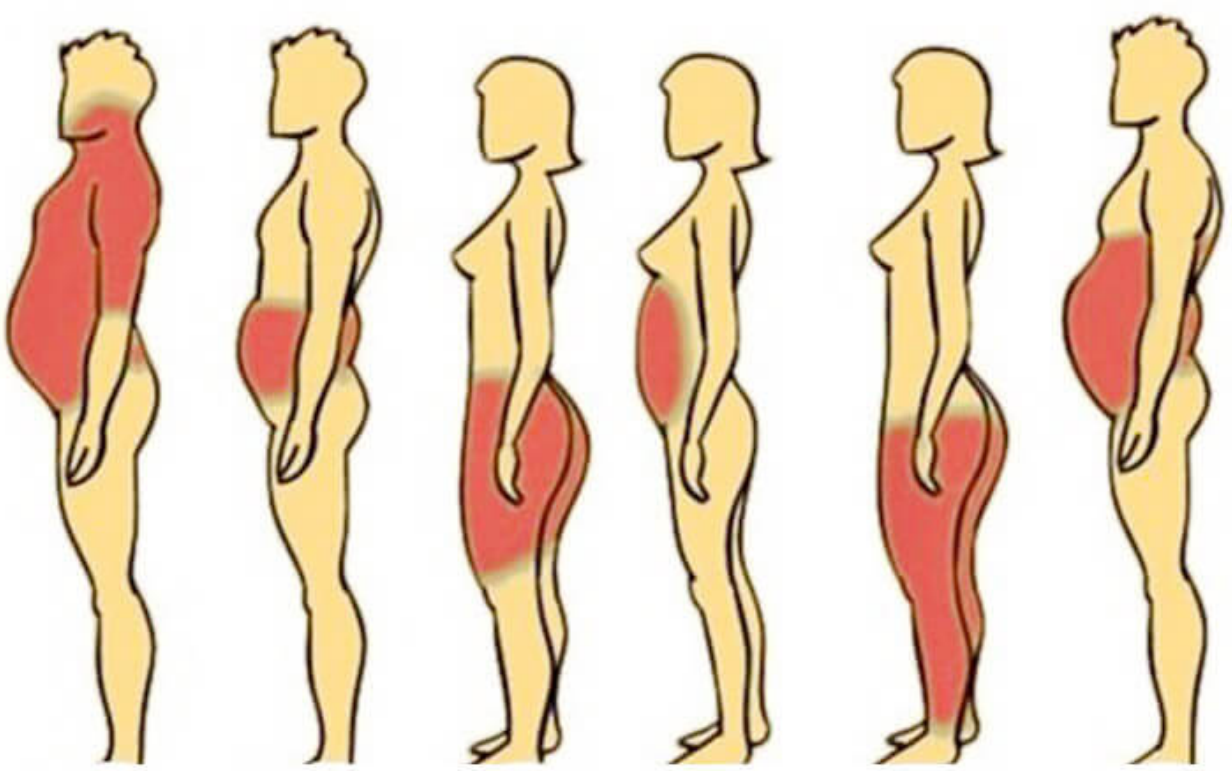


There are two general classes of amino acids, (nonessential and essential). Essential amino acids cannot be manufactured in our bodies, (or are manufactured in an insufficient amounts) therefore, they must be gathered from our food supply or some other exogenous source. There are eight essential amino acids. The second group of amino acids is termed nonessential because the body is able to manufacture them from dietary nitrogen and fragments of carbohydrate and fat. My friends because of their rate of synthesis within our bodies, arginine and histidine are considered semiessential amino acids. It appears that theses amino acids cannot be manufactured by the body at a rate that will support growth (especially in our children).



Proteins must be broken down into the constituent amino acids before our bodies can use them to build or repair our tissue or as an energy substrate. The fate of the amino acids after digestion and absorption by the intestines depends on the body's homeostatic needs, which can range from tissue replacement or tissue addition to a need for energy, (depicts the digestion, absorption, and also synthesis sequence). As ingested proteins enter our stomach, they encounter hydrochloric acid (HCI), which uncoils (or denatures) the protein so that digestive enzymes can begin dismantling the peptide bonds. In addition, the enzyme pepsin begins to cleave the protein strand into smaller polypeptides (strands of several amino acids) and also single amino acids. As these protein fragments leave our stomach and enter the small intestine, pancreatic and intestinal proteases (or protein enzymes) continue to dismantle the protein fragments. The resulting dipeptides, tripeptides, and the single amino acids are then absorbed through the intestinal wall into the enterocytes and released into the blood supply to the liver. One in the bloodstream, the free-form amino acids have several possible fates, they can be used for protein synthesis (building and repairing our tissues or structures) immediate energy, or potential energy (fat storage).

Our bodies has a constant need for energy, and also our brain and our nervous system, in particular, have a constant need for glucose. If carbohydrate or total energy intake is too low, our bodies has the ability to use amino acids (from dietary or body proteins) to provide the energy. The amino acids are first deaminated (or is stripped of the amine group), allowing the remaining carbon skeleton to be used for the production of glucose or ketones to be used for energy. The removed amine group produces ammonia, a toxic compound, which is then converted to urea in the liver and excreted as urine by our kidneys.



If protein intake exceeds the need for synthesis and energy needs are met, then amino acids from dietary the protein are then deaminated, and their carbon fragments may be stored as fat. Among Americans, protein and caloric intakes are typically well above requirements, allowing the protein to contribute significantly to individuals’ fat stores.

Dietary protein is the delivery truck for amino acids. Meats, vegetables, fruits, grains, dairy products, and also even supplements supply us with the valuable building blocks of the protein we need. If food supplies all the essential amino acids in appropriate ratios, it is then called a complete protein. If food source is low or lacking in one or more essential amino acids, it is then called an incomplete protein. The essential amino acid that is missing or present in the smallest amount is then called the limiting factor of that protein. Because my friends, the process of protein synthesis works on an all or none principle, all amino acids must be present at the site of protein manufacture, or synthesis will be reduced to the point at which the cell will run out of the limiting amino acid.

The ability of a protein to satisfy these essential amino acid requirements can be quantified in several ways. Terms used to rate dietary protein will include protein efficiency ratio (PER), net protein utilization (NPU), and also the biologic value (BV). BV is a measure that is frequently used when one is discussing protein sources in the popular media and also by supplement manufacturers. Essentially, BV is a measure of the protein quality, or how well it satisfies the body's essential amino acid need. A protein source with a higher score provides an amino acid profile that is more closely related to the needs of our human body. BV is a concept that is very often misused, (ESPECIALLY) by the marketers of protein supplements. One is led to believe that consuming specially prepared high BV proteins will allow an individual who is already consuming adequate protein to build muscle to a greater degree, or more quickly, however I am here today my friends to let you know the truth, and that is, consuming protein above requirements will not force the body to unleash a previously untapped

muscle building capacity. Instead, my friends, if individuals exclusively consume very high BV proteins, their amino acid requirements would be met with less protein. Conversely, if we choose a diet composed of mostly lower BV protein sources, the total protein requirements will increase.

The Recommended Dietary Allowance (RDA) for protein is 0.8 g/kg per day. The Acceptable Macronutrient Distribution Range for protein intake for us adult is 10% to 35% of total caloric intake. These protein recommendations range from 10% to 35% of total caloric intake, which allows not only for all the differences in goals and activity but also for bioindividuality in the terms of satiety and performance. Some people respond better to a slightly higher or lower protein

intakes, which may help with adherence to the amount of the calories required to reach and maintain goals. Some of us who are eating lower amounts of protein may need supplementation. Whatever the percentage of the protein ends up being, in relation to the total caloric intake, the protein intake should still fall approximately within the ranges of grams per kilogram. In other words, a small person losing fat (or hypocaloric) and exercising using strength and aerobic training may have a high percentage of protein (around 25%) but will still fill in the appropriate range of absolute protein (1.2 to 1.7 g/kg per day).

Recommended Protein Intakes

Activity Level Grams of Protein per kg Body Weight per Day

Sedentary (adult) 0.8 (0.4 g/lb)

Strength athletes 1.2-1.7 (0.5-0.8 g/lb)

Endurance athletes 1.2-1.4 (0.5-0,6 g/lb)

My friends I sincerely hope that this information has giving you some light on any confusion that you may have had concerning protein. May you always be in good health, humbly your Paul Earl.

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META TITLE DO-PROTEIN

META DESCRIPTION The use & misuse of PROTEIN, the myths of PROTEIN, PROTEIN- intake Recommendations