

Recent Perspectives on the Role of Dietary Protein in Physically Active Individuals

Commentary

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Open Access

Published: January 2, 2023



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Research Directs in Health Sciences: 2023, Volume 3 (Issue 1): 1

ISSN: 2768-492X

Abstract

Introduction: Whether it is the athletic population or the general population, it is essential to understand considerations regarding the amount of protein consumed daily. Protein, often referred to as the body's building blocks, is an integral part of the diet. This macronutrient plays a vital role in developing and maintaining skeletal muscle mass. This paper aims to discuss protein intake at low (<1.2 g/kg/day), medium (1.2-2.2 g/kg), and high (>2.2 g/kg/day) levels that should be consumed with consideration of physically active populations and potential benefits or detrimental effects on body composition and performance.

Methods: Searches of electronic databases PubMed and Google Scholar were undertaken to identify peer-reviewed journal articles that reported on dietary protein intake on body composition, and performance/strength.

Discussion: Low protein intakes may not meet the needs of all physically active individuals. Medium and high protein intakes positively influenced body composition. Medium protein intakes can benefit strength and performance; however, these effects are not consistently reported with higher intakes.

Conclusions: The minimum protein requirement for active individuals is 1.2 g/kg, and higher intakes are safe and effective for healthy, physically active individuals.

Key Words: Protein; Exercise; Athletes

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Introduction

Protein, often referred to as the building blocks of the body, is an essential part of the diet. This macronutrient plays a vital role in the development and maintenance of skeletal muscle mass. Protein intake can have either beneficial or detrimental effects on the human body. If protein intake is high enough, protein synthesis will be higher than protein turnover, thus, maintaining or building lean mass can occur¹.

If protein breakdown exceeds protein synthesis, the result will be muscle atrophy^{1,2}. This is of particular importance to athletes and recreationally active individuals who require protein intakes greater than the recommendation for the general population (0.8 g/kg/day)³.

The International Society of Sports Nutrition and the Academy of Nutrition and Dietetics recommend individuals engaged in regular physical activity consume at least 1.2 g/kg/day of dietary protein intake³⁻⁵. It has been suggested that dietary protein below 1.2g/kg/day is not sufficient to maximize muscle protein synthesis (MPS) in active

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