

Protein

Protein is an important building block that our body uses for growth and repair. The European Food Safety Authority recommends 0.83 g of protein per kg of body weight per day. Most of this can be gained from food such as eggs, lean meat or beans, but if you're doing high volume or intense exercise your body may require more protein and you might benefit from sports nutrition products in the form of powders or bars.

These days protein products can be made from a variety of sources including whey, casein, peas, soy, hemp and even insects!

For more information, please consult our guide "[10 Steps to buying the best Protein.](#)"



Applications

- Protein contributes to a growth in muscle mass
- Protein contributes to the maintenance of muscle mass
- Protein contributes to the maintenance of normal bones

Top tips

with Professor Graeme Close of Nutrition X

- Before choosing a protein supplement, first make sure you have plenty of quality protein in your diet
- Most protein comes in the form of a powder which can be mixed with water or milk to make a shake
- Different products will have different recommended servings so always check the instructions
- Look for a batch tested protein powder that has been checked for contamination prior to purchasing

