

# Nutrition Bites

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For further information see [www.paulamee.com](http://www.paulamee.com) or [www.indi.ie](http://www.indi.ie)

## Protein

This week it's all about packing in the protein! Proteins are made up of amino acids, which are necessary for growth, maintenance and repair of body tissue. An adequate intake of calories, particularly from carbohydrate, is important while we train so the amino acids are spared, and not used up as an energy source. Protein is critical for recovery *after exercise and training*. Protein helps us to optimise muscle adaptations as we train for the '10-mile'. This doesn't mean we will bulk up with masses of muscle!

### Are you getting enough?

People who are very active, especially those who train frequently, generally require more protein than those who don't.

However, most people in Ireland eat more protein than they need, so even our top runners should be getting enough protein. This means there should be no need for you to increase *the amount* you eat, and generally speaking there is no need to buy expensive protein supplements / bars / powders.

Instead, focus on the type of protein you eat. Aim to eat more good quality protein and less of the processed, high fat poorer quality protein sources.

#### Choose these more often:

- Fish (fresh, frozen or tinned)
- Lean beef
- Lean pork
- Eggs
- Low fat milk and yoghurt
- Low fat cheeses
- Nuts and seeds
- Beans and legumes
- Tofu

#### Choose these less often:

- Bacon
- Full fat dairy
- Regular cheeses
- Chicken/Turkey with the skin
- Fatty cuts of meat
- Hot dogs / Frankfurters / sausages / salami

*Tip - for those people trying to lose weight aim to have ½ your plate full of vegetables/fruit/salad and ¼ protein and ¼ carbohydrates. Nuts can be very high in calories so stick to a 40g portion. If trying to lose weight have these less often and choose other nutritious sources of protein instead.*

Vegetarians will need to take special to ensure they are getting enough protein in their diet. Here are some suggested vegetarian meals:

- Baked beans on wholegrain toast
- Pasta with low fat cheese/tuna

- Bean chilli with rice
- Lentil soup with a wholegrain roll
- Stir-fried tofu / quorn and vegetables with rice/noodles

If you need additional advice about your protein intake you may need to contact a qualified dietitian. Check out [www.indi.ie](http://www.indi.ie).

Join us again next week when we look at fat in our 10- mile run eating plan. Keep training!

