

# NUTRIFAX<sup>®</sup>

## High Protein Diets & Building Muscle

Protein is a dietary nutrient essential to human life, playing a key role in building muscle, internal organ function and the composition of: blood, skin, hair, nails, bones, hormones, and enzymes.



### Building Muscle

The average American consumes more protein than the body requires to function normally. Athletes or individuals looking to add muscle mass to their physique are often advised by a personal trainer or coach to increase dietary protein intake in combination with weight training as a method for success. Careful consideration and research is recommended before making any lifestyle change.

### Effects of Too Much Dietary Protein

The average healthy adult is able to tolerate a high protein diet; however, too much can take its toll on the body. Excess protein is not stored but either converted into fat or excreted by your kidneys as a waste product. As a result, the potential for renal damage increases over the long-term (particularly when the organs have been previously compromised by disease); in addition to, the development of osteoporosis and the formation of kidney stones.

### Protein and food

A high-protein diet may offset healthy options; be sure not to omit natural sources of antioxidants, fiber, healthy fats, vitamins, or minerals from your diet. Good sources of protein include: lean meats (chicken & fish), reduced or low-fat dairy, beans, and lentils. Aim for balanced meals, comprised of the major food groups.

### Before Adopting a High Protein Diet:

- Work with a medical professional or a registered dietitian to determine your individual protein, carbohydrates, and fat requirements to safely reach personal goals.
- Read food and supplement labels carefully; look for FDA regulation.
- High protein powders, shakes, food items, and supplements are typically promoted by bodybuilding magazines through advertisements, not factual, scientific information.



**Food and Nutrition Services  
can assist in providing nutrition information.  
Call 703-813-4800 and ask for a Registered  
Dietitian.**