

Time to make a proteinaceous 2020



Should consuming enough protein be your new year's resolution? The answer is definitely YES!

THE New Year has just begun with new hope and oh-so-flattering resolutions. I am sure many of us have taken the resolution (once again) to be in the best of shape by shedding kilos or toning up. A healthy diet is undoubtedly at the core of such resolution because you need to fuel yourself right to work towards any health goals. To keep up and moving, your body requires the right dose of nutrients and proteins are the quintessential ones as they help you build strength, stamina, and can work from head to toe to keep you hale and hearty. So, this New Year, pledge to optimize your protein intake not just for the first month, but all year long!

Protein for 2020

The RDA (Recommended Daily Allowance) guidelines suggest the daily intake of protein to be around 0.8 grams- 1grams per kilograms of body weight. However, the ideal amount of daily protein intake per person is based on several factors, including age, gender, activity, health, total diet, and other variables.

Know Your Protein

How about having a protein calculator handy just at the click of a button? Yes, it has been made very much possible through an initiative known as "Right To Protein" that works to educate people about the importance of proteins for their general health and wellbeing. This initiative has launched an online general 'protein calculator' called Protein-O-Meter based on Indian

dietary habits to help Indians, across different age-groups, to track daily protein intake and to make necessary improvements based on individual's lifestyle. To avail more information on protein rich foods, healthy habits, and tips, you can visit righttoprotein.com, which is a one-stop solution towards a healthier tomorrow with protein.

Protein Myths Busted

It's almost 2020, but there are still some misconceptions around protein consumption. Let's bust these once and for all

■ The most common myth is protein is only for athletes or body-builders when the fact is everyone needs a sufficient amount of protein in order to maintain physiological functions. The requirement depends on one's body type and lifestyle.

■ Another one is that a vegetarian diet lacks protein which is certainly not true. The right combination of vegetarian meals can provide complete protein like rice with pulses, quinoa, buckwheat, and soy.

■ A common misbelief is that the best protein is derived only through supplements when the truth is high biological value protein can be obtained through natural food sources.

So, get started for a proteinaceous 2020 because a New Year's resolution that's worth making, is increasing your protein intake as per your body requirement!

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