

Let's lunch and learn!

June 2026

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.gov to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit oshr.nc.gov/wellness-webinars.



Protein Supplements: Do We Need Them?

By Katie Godin, RD, LDN



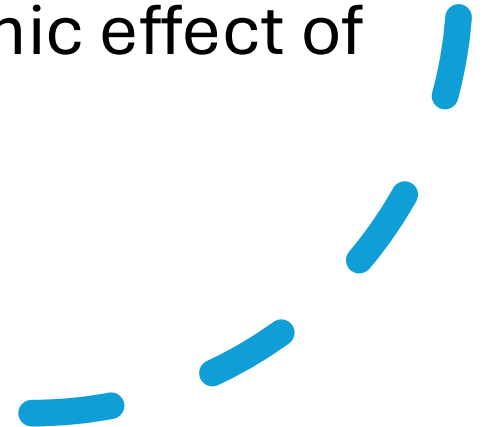
Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management
- <https://lifestylemedicalcenters.com/>



Why Is Protein Important?

- Builds and repairs muscles
- Supports bone health
- Supports growth and tissue maintenance
- Produces enzymes and hormones
- Helps maintain immune function
- Aids with weight management (satiety)
- Boosts metabolism (high thermic effect of food)



How Much Protein Do We Need?

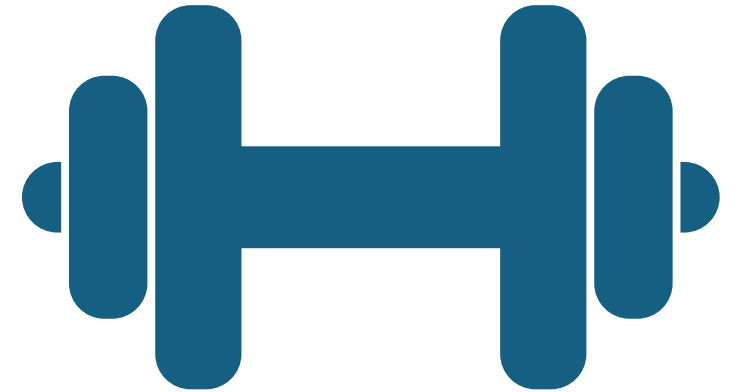
- Average amount recommended is 0.8g per kg of body weight.
- Athletes / highly active people will need anywhere from 1.2g per kg of body weight to 2.0g per kg of body weight.

Example: *(To turn pounds into kg, divide pounds by 2.2)*

150 pound individual = (150 / 2.2 = 68kg)

55g per day minimum (0.8g per kg of body weight)

80-136g per day (1.2-2.0g per kg of body weight)





Group

Approximate Protein Needs

Sedentary adults

0.8 g/kg

Regular exercisers

1.0–1.4 g/kg

Endurance athletes

1.2–1.6 g/kg

Strength trainers/muscle gain

1.6–2.2 g/kg

Older adults (65+)

1.0–1.2 g/kg (lower absorption rate / decreased metabolism)

Weight Management

1.2–2.0 g/kg



What Is Considered A Protein Supplement?

- Concentrated sources of protein derived from plant and/or animal sources.
- Powders, ready to drink shakes, or bars are most common.
- Commonly used by athletes, exercise enthusiasts, and individuals who struggle to meet their protein needs from food.
- Most supplements (Powders/Drinks = 20-30g per serving and Bars = 15-20g per serving).



https://aminoco.com/blogs/nutrition/protein-in-a-protein-bar?srsId=AfmBOoo0hZGglDpgG_wPFu9Q5EMtU3p2-kYT9fTyHBcjHiCOViI8DGB

Different Sources of Protein Supplements

- Whey – fast digesting, milk based, great for post workout; 2 types (concentrate and isolate ; isolate easier on those who are lactose intolerant).
- Casein – slow digesting, good for muscle recovery for long periods (sleep), and to preserve lean muscle mass in calorie deficit
- Soy – complete plant-based protein, dairy free, easy to digest.
- Pea – Great for those with sensitivities to dairy / soy
- Collagen – supports joint health, skin elasticity, and connective tissue repair ; helpful during rest / recovery ; not as effective for muscle growth.



Brands of Powders / Ready To Drink Shakes

- **OWYN** (Only What You Need) – ready to drink or powder
- **Orgain** – ready to drink or powder
- **Premier Protein** – ready to drink or powder
- **Kate Farms** – ready to drink
- **Aloha** – ready to drink
- **Just Ingredients** – powder
- **KaChava** – powder ; great for meal replacement
- **Truvana** – powder
- **Ritual** – powder
- **Momentous** – Powder



Brands of Bars

- Aloha (Protein + Fiber)
- RX (Texture may not be appealing)
- IQ Bar (Lower protein / lower carb)
- Go Macro (higher carb, good ingredients overall)
- Perfect Bar (higher calorie, closer to meal replacement for some)
- David (best for muscle building)

Things to watch out for : Added sugar, high fat, low protein, and high calorie options. Check labels and consult with RD's when able!



<https://therealfooddietitians.com/best-protein-bars/>

Benefits Of Protein Supplements

- Convenient / Quick option
- Ability to add additional ingredients to make more nutrient dense
- Supports muscle recovery post exercise
- Helps individuals with higher protein needs
- Useful when individuals are having a hard time meeting protein needs



Do Most People Need Them to Meet Needs?

- Most individuals can meet 100% of protein needs through food
- Whole foods are superior as they will also be provided other essential nutrients such as fiber / healthy fat combination (when combined with a meal).
- Protein supplements should not be the first thing to lean on to meet your protein needs, they should be a way to “Supplement” if you find meeting your needs with food alone challenging.





Possible Drawbacks of Protein Supplements

Expensive ;
Powders will
most cost
effective

Added sugars,
fillers, artificial
sweeteners

Replacing meals
with shakes =
less diversity in
foods over time



Who May Benefit Most?

- Athletes
 - Individuals with reduced appetites
 - Those on plant-based diet struggling to meet protein needs
 - Those recovering from illness or injury
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How to Get Adequate Protein From Food

- Eggs (2 eggs = 12 g protein)
 - Fish/Chicken (3-4oz = 21-28g protein)
 - Lean beef (3oz = 28g protein)
 - Dairy products (5oz Greek Yogurt = 12-15g protein ; 8oz milk = 8g protein ; 1 Cup cottage cheese = 28g protein)
 - Nuts/Seeds (1oz nuts = 5-7g protein)
 - Beans/Legumes (1 cup cooked lentils = 18g protein ; 1 cup cooked beans = 12-15g protein)
 - Tofu/Tempeh
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Sample Day : 80-100g Protein

Breakfast:

- 5oz Greek yogurt + nuts + fruit = 20-25g protein

Lunch

- 4oz Turkey on whole grain bread = 25-30g protein

Snack

- 4-5oz Cottage Cheese + Fruit (20g protein)

Dinner

- 4-5oz Grilled Fish / Chicken or Tofu + Veggies and Rice = 25-35g protein

Key Takeaways

We all should prioritize adequate amounts of protein throughout the day for general health.

Most people are able to meet 100% of their protein needs without supplementation.

Supplements are helpful for certain individuals in specific situations where meeting their unique needs may be challenging.

Always consult with a healthcare professional if you have questions / concerns about your specific needs and how to meet them.

References

- https://www.uprotein.com.au/blog/6-types-of-protein-powder-supplements?srsltid=AfmBOoqu5SDb4aX6e_yEzc5_5SDbT-pXOTuJZdUvu1-aH71CMr_zoVHS
- <https://www.consumerreports.org/health/food-safety/these-five-protein-powders-had-low-lead-levels-a1151050701/>
- <https://therealfooddietitians.com/best-protein-bars/>

Let's Cook!

Curry Chicken Salad from Eating Bird Food

<https://www.eatingbirdfood.com/curry-chicken-salad/>

