

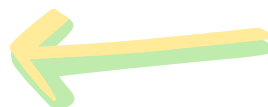
MARCH NUTRITION NEWSLETTER
THE POWER OF PROTEIN
All you need to know about protein

What is protein?

Protein is an essential macronutrient that our body uses to maintain, build and repair tissue. A protein is made up of a chain of 20-22 amino acids, known as the building blocks. 9 of these amino acids are considered “essential”, meaning our body cannot create these types of amino acids and we rely on getting them from our food.



What are sources of protein?



You can get protein from both animal and plant-based foods.

Animal sources include chicken, turkey, beef, fish, pork, eggs, yogurt, milk, and cheese.

These are considered complete proteins because they contain all nine essential amino acids.

Plant sources include beans, lentils, chickpeas, tofu, tempeh, edamame, quinoa, nuts, seeds, and nut butters.



How much protein should I have per day?

The amount of protein recommended per day is different per person.

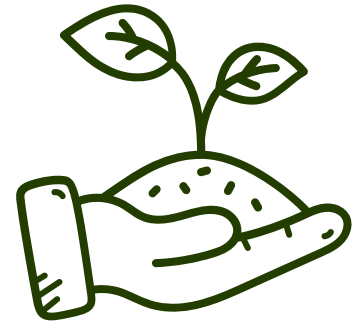
Health Canada’s daily recommended intake is a minimum of 0.8g/kg/day.

It’s recommended to ask your health care provider or dietitian to review your specific needs.

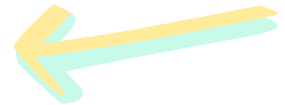
Are there any complete plant proteins?

Yes! Here are some examples: **quinoa, soy foods like tofu and tempeh, buckwheat, and hemp seeds.**

For those who are vegan/vegetarian, it is still very important to consume a variety of plant proteins throughout the day to ensure you are meeting the daily recommended intake.



Truths about protein



Although protein is and always has been an important macronutrient, it has recently been in the spotlight.

Here are some important evidence-based facts to remember:

1. Protein is not the only macronutrient, we also need carbs and fats!
2. Just because a food has protein in it, does not automatically mean it's healthy
3. We don't need to put protein in everything, rather we should be consuming it in moderation with other nutrients
4. Protein consumption alone does not build muscle or result in weight loss without other lifestyle changes, such as physical activity

MARCH RECIPE OF THE MONTH

Energy Balls

An energy dense sweet treat packed with plant protein ,
healthy fats and fiber

Ingredients

Base Recipe:

- 1 ½ cup rolled oats
- 1 cup peanut butter
- ¼ cup ground flax seeds
- ¼ cup honey
- 1 tsp vanilla

Optional add-ins :

- ¼ cup chocolate chips
- ¼ cup coconut flakes
- ¼ cup chopped nuts
- 2-3 tbsp dried fruit
- 2-3 tbsp pumpkin seeds



Instructions

1. In a large mixing bowl, combine all ingredients found in the base recipe (rolled oats, peanut butter, ground flax seeds, honey and vanilla)
2. Add in your choice of optional add-ins and stir until the mixture is combined

*** Depending on how you choose to customize your energy balls, your mixture may become dry. If this is the case, add in 2-3 tbsp of peanut butter to your mixture.

3. Using a large spoon or ice cream scoop, measure out 1-2 tbsp of mixture and roll the mixture between your hands to create a ball
4. Place your energy balls on a baking sheet lined with parchment paper and place them in the fridge for at least 30 minutes
5. Once the balls have hardened, store them in an airtight container in the fridge for 1 week or in the freezer.