

Protein shakes are mostly used by athletes and other fitness lovers after a workout. They're a fast and easy way of giving the body fast absorbing protein, especially when a post-workout food isn't available. Regardless if you consider to drink a protein shake on non-workout days is up to you and your personal preference. Nothing is terribly wrong with this practice, obviously when combined with an overall well-balanced diet. However, it's always wise to talk to your doctor to figure out if you should be using this or any other dietary supplement daily.

About Protein

The suggested daily allowance of protein per day is typically based on your current body weight. You need about 0.4 g of protein per pound of body weight, estimated by the University of California, Los Angeles. For instance, someone with a weight of 150 lbs. needs 60 grams of protein, while someone with a weight 200 lbs. needs 80 g per day, so the amount can differ widely from one person to the next. If a protein shake assists you achieve the recommended amount for your weight, having it on non-workout days shouldn't be an issue.

Endurance and Strength

With aerobic endurance exercises, the need for protein increases, based on an article published in the September 2007 "Journal of the International Society of Sports Nutrition." According to them, you may need anywhere from 1 g to 1.6 g of protein per kg of body weight each day, which is equal to about 0.45 g to 0.73 g per lb. With weight-training, the recommended protein intake increases even more - between 1.6 g and 2 g per kg of body weight each day, or 0.73 g to 0.91 g per lb. Even so, the International Society of Sports Nutrition focuses on that the intake of protein, at least a substantial part, should be taken just before or after your workout, so this can raise a question of if or not you need the protein shake on the rest days.

Caution

Drinking protein shakes on rest days is often fine. When used as a replacement for regular meals, you may miss out on significant nutrients found in whole foods, warns Katherine Zeratsky, a nutritional expert for MayoClinic.com. Don't forget that Protein shakes also have calories. Meaning you may increase your caloric intake plenty to cause a excess in calories, which would eventually lead to fat gain.

Suggestions

Rather of depending on a protein shake for a meal on your non-workout days, look for different sources of protein. Lean beef, poultry, eggs and fish can also give you high-quality protein. Discuss with your doctor first if you're doubtful of how much protein you should have in your diet.

<http://protein-decade.weebly.com/index.html>