



# Additional Tips for the Active Adult

## **Q:** How much protein does an adult need?

**A:** Protein needs vary depending upon age, weight, gender, activity level and overall health.

- The Institute of Medicine recommends a range from 10 percent to 35 percent of your daily calories.<sup>1</sup> For example, if you eat 2,000 calories every day, this would be between 50 grams to 175 grams of protein per day.
- The *minimum* amount of protein that you need to prevent protein deficiency is called the Recommended Dietary Allowance (RDA) and is based on body weight. Someone who weighs 150 pounds should eat at least 55 grams of protein per day to prevent protein deficiency.
- Sample menus for a 2,000-calorie diet developed using MyPyramid guidelines showed an average daily amount of protein of 100 grams (20 percent of calories).

## **Q:** When should I have whey protein – before or after a workout?

**A:** Ideally, protein should be consumed just before or within an hour after exercise or intense competition.

## **Q:** How can I get additional protein in my diet to fuel my active lifestyle?

**A:** A series of recipes incorporating whey protein can be found at [www.WheyForYou.com](http://www.WheyForYou.com). Products already containing whey protein can be found on grocery and convenience store shelves throughout the country. Snack and nutrition bars, smoothies, oatmeal, flavored protein water and more can provide a quick way for you to get your protein on the go.

## **Q:** How can I figure out my Body Mass Index (BMI)?

**A:** The Centers for Disease Control and Prevention has an easy-to-use BMI calculator on its website at [www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html).

## **Q:** Where can I find additional tips on maintaining a healthy weight?

**A:** The Centers for Disease Control has a great deal of valuable information on healthy weight. This can be found here: [www.cdc.gov/healthyweight/prevention/index.html](http://www.cdc.gov/healthyweight/prevention/index.html).

## **Q:** Where can I find nutrient content information on the foods I eat?

**A:** The Nutrient Data Laboratory, Agricultural Research Service at the U.S. Department of Agriculture provides a valuable calculator on its website to determine nutrient content of specific foods. Check it out here: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/).

Additional information can be found on the National Dairy Council® website here:

- [www.nationaldairycouncil.org/SiteCollectionDocuments/education\\_materials/whey\\_protein/WheyForActiveLifestyles.pdf](http://www.nationaldairycouncil.org/SiteCollectionDocuments/education_materials/whey_protein/WheyForActiveLifestyles.pdf)
- [www.nationaldairycouncil.org/SiteCollectionDocuments/education\\_materials/whey\\_protein/WheyProteinBooklet.pdf](http://www.nationaldairycouncil.org/SiteCollectionDocuments/education_materials/whey_protein/WheyProteinBooklet.pdf)

