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**Protein BASICS**

The average man's ideal weight should be about 70 kilograms or 154 pounds. The recommended protein intake is .8 g per kilogram or 56 grams per day. The average woman who's weight should be 110 pounds or 50 kilograms should consume 40 grams a day. If she is pregnant, she should add 30 grams in addition to the 40 and if she is breast feeding she should add 20 grams to her diet.

Taller people, of course, will require more, however, don't fall into the trap of thinking that excess fat, which increases your weight, also increases your need for more protein. It does not. The above rules of thumb should hold for 97.5 % of the population.

Bodybuilders and those people attempting to increase muscle mass do not need to increase protein intake to any appreciable degree even though high protein diets seem to be the culture of muscle gain gyms at the present time. The recommendation of .8 grams per kilogram of ideal body weight has a built in safety factor of .2 grams per kilogram. To build muscle you need to exercise not eat more protein.

**Children**

Months of age

0-6            need 2.2 g per kg

6-12          need 2.0 g per kg

Years

1-3 years     need 1.8 g per kg

4-6 years     need 1.5 g per kg

7-10 years    need 1.2 g per kg

11-14 years   need 1.0 g per kg

15-18 years   need 0.9 g per kg

19 + years    need 0.8 g per kg

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People who do not like to eat animal products of any kind (meat, birds, fish, eggs, dairy products) should be eating foods near the top of the following list every day, particularly foods with over 20 % protein in them.

Spirulina 60 %	Butternuts 15 %
Spinach 49 %	Sesame seeds 13 %
Watercress 46 %	Walnuts 13 %
Broccoli 45 %	Almonds 12 %
Kale 45 %	Cashews 12 %
Turnip greens 43 %	Honeydew melon 10 %
Collard greens 43 %	Brazil nuts 9 %
Cauliflower 40 %	Grapes 9 %
Bamboo shoots 39 %	Cantaloupe 9 %
Mustard greens 39 %	Brown rice 8 %
Asparagus 38 %	Cherries 8 %
Mushrooms 38 %	Filberts 8 %
Beet Greens 37 %	Oranges 8 %
Cabbage, Chinese 34 %	Watermelon 8 %
Parsley 34 %	Strawberries 8 %
Zucchini 28 %	Pine nuts (pignolia) 8 %
Okra 27 %	Papaya 6 %
Dandelion greens 24 %	Peaches 6 %
Cucumbers 24 %	Figs 6 %
Artichokes 22 %	Bananas 5 %
Cabbage, red 22 %	Avocados 5 %
Cabbage, savoy 22 %	Grapefruit 5 %
Celery 21 %	Pears 5 %
Pumpkin seeds 21 %	Pecans 5 %
Garlic, per clove 20 %	Prunes 4 %
Wild rice 18 %	Coconut (fresh) 4 %

Collected from various Internet sources and modified for the Pain Relief Diet

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