

READING COMPREHENSION

3RD - 10TH GRADE

Answer key

Questions

Role of protein meals in the diet

Protein meals play a crucial role in a balanced diet, providing essential nutrients necessary for cell growth, repair, and overall health. Proteins are made up of amino acids, which are the building blocks of life's basic unit and are vital for maintaining muscle mass, supporting the immune system, and regulating various bodily functions.

Increasing the intake of protein meals is essential for optimal health, particularly for athletes and those who engage in regular physical activity. Protein meals, such as lean meats, fish, eggs, and dairy, are complete proteins, meaning they contain all the essential amino acids. These amino acids are used by the body to build and repair tissues, regulate metabolism, and support various physiological processes.

The role of protein meals extends beyond muscle maintenance. They also play a significant role in the immune system and overall health. Consuming protein meals can help boost the immune system, which is essential for fighting off infections and diseases. Additionally, protein meals can help support cognitive function and overall well-being.

Protein meals are also essential for maintaining a healthy weight. Protein is a satiating nutrient, meaning it helps you feel full and satisfied. This can lead to a reduced intake of calories, which is beneficial for weight management. Additionally, protein meals can help support metabolic health and overall energy levels.

The recommended dietary allowance (RDA) for protein varies by age, sex, and activity level. A general guideline is to consume 0.8 grams of protein per kilogram of body weight per day. For athletes and those who engage in regular physical activity, the RDA may be higher, ranging from 1.2 to 2.0 grams per kilogram of body weight per day.



ROLE OF PROTEIN MEALS IN THE DIET

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WJ Hussar



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Contact U.S.A. Paul Abraham, Daphne Mackey, 1989

Committee Prints United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1972

Collier's, 1926

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