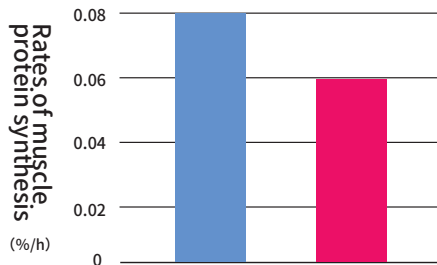


How to Ingest Protein Effective in Building Muscle?

～The Timing and Amount of Protein Intake～

Assuming the total amount of protein intake per day is the same,
eating more than 20g of protein uniformly every meal (0.3g per 1kg of body weight)
enhances muscle protein synthesis, rather than eating the total daily protein all at one meal.

Differences in the rate of muscle protein synthesis under different protein intake patterns



■ Ingest more than 20g of protein per meal

■ Ingest less than 20g of protein for breakfast and lunch, and more for dinner

Foods of Protein Sources ～Amount of Protein～

White Rice (300g)



6.0g

Lean beef round (100g)



17.2g

One egg (50g)



5.7g

5 slices of lean tuna (65g)



14.5g

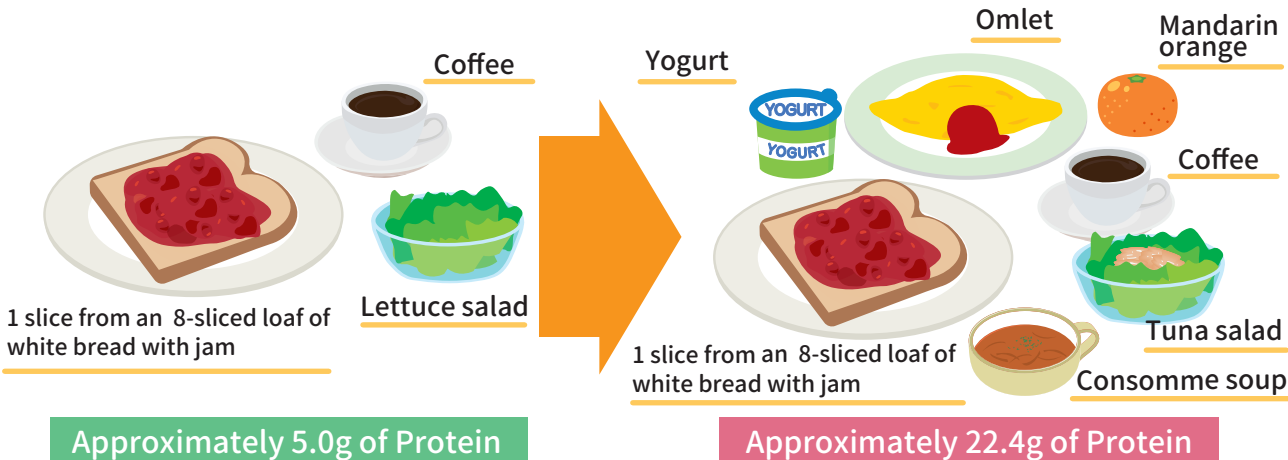
1 cup of milk (200g)



6.0g

How to Ingest 20g of Protein for Breakfast

To increase protein intake when white bread is the staple food...



In Japan, people tend to get protein in increasing amounts throughout the day: breakfast < lunch < dinner. It is necessary to be conscious about eating protein at breakfast. As a meal consisting only of a staple food would lack protein, let's make an effort to eat foods that contain protein (such as meat, fish, eggs, soy products, and dairy products) !