


## Mail Today - YOU



### Don't pump in those protein shakes

If you're looking at building muscles, it is important to have protein shakes and supplements. But a lot of people take it arbitrarily, without consulting a doctor or a fitness trainer. This can lead to diabetes. In some cases, an overdose of protein can lead to kidney failure.

Suppose you require 90g of protein in a day and your diet provides just 60, the remaining 30 have to be taken in the form of supplements. For men who wish to build their muscles, a minimum of 65g of proteins is a must. As women don't need to develop muscles,

so it's best they have 20g of protein supplements to support the gym regimen. Women need 0.8g to a gram of proteins per kilo of their body weight. So if you weigh 50 kg, you need 50g of proteins. If you are regular with your exercise, have the shake before they go to the gym. Otherwise, morning is the best time. Children under 10 must not take any kind of supplement, for there's a danger of toxicity. It's best to have protein supplements after you turn 18.

— Tips from Ritika Samaddar, chief dietician, Max Hospital, Saket

