

# How much protein do we need?

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## How much protein do we need?

The more we train, the more protein our body will need to regenerate and synthesize muscle tissue. Thus, 30% is the rough average protein requirement in our nutritional diet.

A deficit of protein in our nutrition will lead to a loss of energy, loss of strength, reduced hormonal balance, resistance to insulin, loss of muscle mass, and a loss in the elasticity of our skin.

Vegetarians, in particular, should watch closely the sources of protein because not all are really fit for the body. Vegans have it more difficult than the lacto-ovo vegetarians who can rely on the best of the protein sources: eggs, milk and dairy products.