

BE PICKY ABOUT THE TYPE OF PROTEIN YOU'RE EATING.

The type of protein you're eating is probably more important than meeting (or exceeding) an exact number. When I say bumping up your protein to about a third of your daily calories is safe, I'm talking about a mix of plant and animal protein. Your best bet is to keep your animal protein intake around 10-15 percent (if you're eating animal protein) and then incorporate delicious plant-based protein sources like legumes, ancient grains and nuts, too. And when it comes to animal protein, stick to high-quality sources like organic chicken, grassfed beef and wild-caught salmon.



THE AMOUNT OF PROTEIN YOU NEED DEPENDS ON YOUR LIFESTYLE.

If you're an athlete, you should eat more protein overall, and especially post-workout, since your muscles use it to recover. (A high-quality protein powder may be your best bet in this scenario.) As you age, it's also harder to keep muscle mass, so you may want to bump up your protein a little to counteract that.

Finally, pay more attention to your protein intake if you're a vegetarian or vegan. While how much you need won't be any different, it may take more of a conscious effort to get it in without animal products in your diet.