

**NR\_key\_name:** A3D01475B3099938852563010046F885  
**SendTo:** CN=Joseph Freeman/O=ARRB @ ARRB  
**CopyTo:**  
**DisplayBlindCopyTo:**  
**BlindCopyTo:** CN=R econd/O=ARRB  
**From:** CN=Laura Denk/O=ARRB  
**DisplayFromDomain:**  
**DisplayDate:** 04/03/1996  
**DisplayDate\_Time:** 9:42:38 AM  
**ComposedDate:** 04/03/1996  
**ComposedDate\_Time:** 8:55:11 AM  
**Subject:** Re: Protein, Protein, Protein

Wow! 127! But, still, if one were to adhere to the 40/30/30 plan -- that is still only about 15-16% of total caloric intake for the day. Better than me, but still not 30% . Woe is me. You will be pleased to know that I stopped at Olsson's on the way home yesterday and purchased the Vegetarian Times Beginner's Guide to Vegetarianism. (I did not bring it in today, but I will bring it in tomorrow.) Unfortunately, it didn't really provide a satisfactory response to the question "how much protein is enough." It basically just said "don't abandon vegetarianism because of protein." (AS IF we weren't ALREADY committed or we wouldn't have spent \$12.95 on the book.) Anyway, it was not satisfying because it never explained what to do. It said that when you become a vegetarian, everyone will say that you won't get enough protein. But you can get enough protein from a vegetarian diet. (enter me playing Diane Rehm: "Talk about that.") But they didn't talk about it. They said (1) there are a number of different theories floating around about how much protein is enough (I ask: give me a minimum -- no answer); (2) people in the U.S. are not really suffering from protein deficiency (how do we know this, I ask? because doctors here don't even really know the symptoms of it.) (o-kay . . .); BUT then they go on to say (3) you do need adequate (WHAT IS ADEQUATE???) protein in order to think and see and sustain muscle fiber, etc... Then, it just gave a handy chart of non-meat foods with their attendant protein values and that was it. I became QUITE irritated when it casually remarked that the RDA for women, age 30-59, was about 50 grams a day, but then didn't give any additional information on whether that amount changes if you are eating 1200 cal. a day or 2800 cal. a day or whether it makes a difference if you weigh 105 pounds or 205 pounds. Go figure. What I really need is a book that says: "you need about this much protein if you are this age, this weight, this gender, and this activity level." "Here is why -- protein does x, y, and z." So, I am still worried and I am still looking for some useful info. -- I brought cottage cheese instead of a pita to eat with my lunch today.

To: Laura Denk/ARRBcc: From: Joseph Freeman/ARRB Date: 04/03/96 08:38:50 AM  
Subject: Protein, Protein, Protein  
Spurred by your clarion call to protein-consciousness, I am proud to say that, by my calculations, I ingested 127 grams of protein yesterday...! Tragically, however, I had to take in 3400 calories to do it. This can't be good.

**Body:**  
**recstat:** Record  
**DeliveryPriority:** N  
**DeliveryReport:** B  
**ReturnReceipt:**  
**Categories:**