

Signs you're getting too much protein

Protein is an essential nutrient for the body. However, if you consume too much, you may experience the following symptoms.

Protein is an essential nutrient for the body. However, if you consume too much, you may experience the following symptoms.



How much protein is too much?

Your ideal protein intake depends on a number of factors, including age, gender, body size, activity level, and overall health, so it can vary greatly from person to person. Experts say you also need to consider your specific fitness goals when calculating. For example, if you're a bodybuilder, you'll need more protein than someone who doesn't work out much to build muscle.

According to the U.S. National Library of Medicine, protein should make up 10 to 35 percent of your total daily calorie needs, and should come from a variety of sources. The recommended daily allowance (RDA) for protein requires a minimum of 0.36 grams per pound of body weight. By that standard, a 140-pound (63-kg) person would need about 50 grams per day, while a 200-pound (90-kg) person would need about 70 grams.

However, the recommended intake is higher for people who exercise regularly and those over 60. Since protein is key to muscle recovery after intense physical activity, people with a workout routine should consume between 70 and 100 grams per day. Meanwhile, older people lose muscle mass at a much higher rate than younger people, so they may need as much as 80 to 140 grams.



Dehydration

When protein enters the body, it is sent to the liver to be broken down – a process that produces various waste products, including a substance called urea. From there, urea is transported to the kidneys (the body's waste removal organs), where it is filtered out of the blood and excreted from the body in urine. The more protein you eat, the harder your kidneys have to work to remove urea (and therefore the more you pee), so large amounts of protein can actually dehydrate you.

Weight gain

While protein is closely linked to physical strength among fitness enthusiasts, it doesn't naturally convert into muscle once it enters your body. After all, excess calories will be converted to fat regardless of the source, and since one gram of protein is actually equivalent to four calories, you may find yourself gaining weight if you eat more than you burn.

In addition to all of the above, both carbohydrate deficiency and dehydration can cause problems like headaches, fatigue, confusion, which can be secondary symptoms.

You finished reading the article "**Signs you're getting too much protein**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.