

The Tolland Buzz



The Buzz About Protein

Protein has become one of the big nutrition trends in recent years. Grocery store shelves are now filled with “high-protein” snacks, drinks, cereals, and even desserts. While protein is essential for good health, experts say many people may be overestimating how much they actually need and overlooking the importance of balance and food quality.

Protein plays an important role in the body. It helps build and repair muscles, skin, hair, organs, enzymes, and hormones. Protein is made up of amino acids, including nine essential amino acids that must come from food because the body cannot make them on its own.

Previously, the recommended dietary allowance (RDA) for adults has been about 0.8 grams of protein per kilogram of body weight per day. That equals roughly 55–60 grams daily for many adults. New federal dietary guidance discussed by nutrition experts has increased recommendations to approximately 1.2–1.6 grams per kilogram for some groups, especially older

adults, highly active individuals, and people losing weight who may be at risk for muscle loss.

Even with the increased attention on protein, experts from [Stanford Medicine](#) caution that protein alone is not a fix for health. According to Stanford researchers, there has not been dramatic new evidence showing that everyone suddenly needs massive amounts of protein. Instead, many Americans are already meeting or exceeding their needs. Excessive amounts of protein can also have a negative affect on the kidneys too.

The source of protein matters just as much as the amount. The [American Heart Association](#) recommends emphasizing plant-based protein sources such as beans, lentils, nuts, seeds, and soy products while also including fish, seafood, and lean meats in moderation. Diets high in processed meats and saturated fats may negatively affect heart health.

Nutrition experts also warn that focusing too heavily on

protein can crowd out other important nutrients, especially fiber. Foods like legumes, whole grains, fruits, and vegetables provide fiber, antioxidants, and nutrients that support digestive and cardiovascular health.

For most people, the goal shouldn't be chasing the highest protein number possible. Instead, a balanced diet that includes healthy protein sources, fiber-rich foods, fruits, vegetables, and regular physical activity is the best recipe for long-term health.

References

[NPR: How Much Protein Do We Need?](#)

[American Heart Association: Protein and Heart Health](#)

[Stanford Medicine: How Much Protein Should We Really Be Eating?](#)



HAPPENINGS AROUND TOWN

Tolland County AG Day, Saturday, June 13 from 10-3pm, at 24 Hyde Ave, Vernon, Ct Celebrate agriculture, education, and community at Tolland County Ag Day! This free, family-friendly event brings together local farms, youth organizations, educators, and vendors for a day of hands-on learning and fun.

Natchaug Stop the Stigma 5K Charity Run and Walk, Join the fun for the 2026 Natchaug Stop the Stigma 5K Charity Run & Walk Saturday, August 8th, in the scenic Mansfield Center! This event invites runners and walkers of all ages to participate in a delightful 5K course that winds through a charming neighborhood. The race kicks off at 9:00 AM, with registration opening at 8:00 AM.

The Eastern Highlands Health District (EHHD), through funding from the Preventive Health and Health Services Block Grant funds, is addressing uncontrolled high blood pressure, a risk factor for strokes and heart attacks. Hypertension (high blood pressure) can be controlled through lifestyle choices and some people will need medications prescribed by their doctor. EHHD is offering educational series throughout the district with a free at-home blood pressure monitor as part of the series. For more information go to the EHHD [Hot Topics page](#).



Don't forget to sign up for the Be Well 4th Quarter Educational Event : [Complementary Medicine](#)

Blueberry Sherbet

4 Servings



INGREDIENTS 1 cup fat-free sour cream 1/2 teaspoon vanilla extract 3/4 cup sugar 3 cups fresh or frozen blueberries, thawed 1 table-spoon lemon juice

DIRECTIONS In a blender or food processor, combine all ingredients; cover and process until smooth. Press through a sieve; discard the blueberry seeds and skin. Freeze for 8 hours or overnight. Remove from the freezer 30 minutes before serving. Enjoy!

Acupuncture

Acupuncture is a practice that has been used for thousands of years and involves placing very thin needles into specific points on the body.

Originally rooted in traditional Chinese medicine, acupuncture is now commonly used in the United States as a complementary therapy for pain relief, stress management, and overall wellness. According to the [National Center for Complementary and Integrative Health \(NCCIH\)](#), research suggests acupuncture may help with conditions such as chronic back pain, osteoarthritis, neck pain, headaches, and nausea related to cancer treatment.

The [Mayo Clinic](#) notes that many people experience little to no discomfort during treatment because acupuncture needles are extremely thin. Some researchers believe acupuncture may stimulate nerves, muscles, and connective tissue, helping activate the body's natural pain-relieving responses.

The [Cleveland Clinic](#) in its information about non-opioid approaches for pain management, includes acupuncture, as part of a broader strategy to help manage chronic pain and reduce reliance on opioid medications.

Experts emphasize the importance of seeking care from a

licensed and properly trained practitioner who uses sterile, single-use needles. While acupuncture is generally considered safe when performed correctly, it is important to discuss any complementary therapies with your healthcare provider to determine whether acupuncture may be appropriate for your health needs.

Resources: [CDC](#), [NCCIH](#), [Cleveland Clinic](#) and [Mayo Clinic](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

