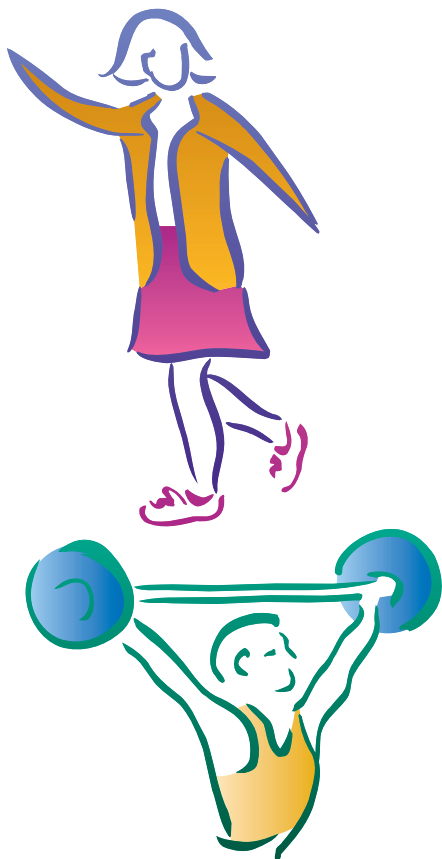


Get Lean with Protein

Scientific research continues to suggest that protein has the potential to play a role in several aspects of weight loss and management. For example, emerging studies indicate a moderate increase in dietary protein each day, combined with a physically active lifestyle and energy-controlled diet, may improve the body's ability to build muscle mass, maintain a healthy weight and feel satisfied.



Protein = Satisfaction

When it comes to **satiety**, according to a 2007 *Journal of Nutrition* study, protein has more staying power than carbohydrates and fat. Eating a moderately high-protein diet (at least at the Recommended Dietary Allowance) can curb hunger and the body's desire to eat.

In addition, a 2004 study in the *Journal of Nutrition* tested a moderately high-protein, lowfat diet compared with a higher-carbohydrate, lowfat diet. Researchers found that those on the moderately high-protein diet did not complain of hunger and were much **more satisfied** than those on the higher-carbohydrate diet.

The Strength Protein Provides

Emerging research is indicating that increasing daily high-quality protein intake not only can optimize **muscle strength and metabolism**, but can ultimately improve overall health. A 2006 research review published in the *American Journal of Clinical Nutrition* indicated that increasing daily high-quality protein intake may optimize muscle strength and metabolism, and ultimately improve overall health. A growing body of evidence suggests muscle metabolism may also play a role in the prevention of many chronic diseases, such as type-2 diabetes and osteoporosis. Eating at least four ounces of a high-quality protein at each meal may help **maintain muscle mass**, and **provide energy** to lead an active lifestyle.

Protein Powers Weight & Fat Loss

Research published in the 2003 *Journal of Nutrition* sheds light on why moderately high-protein diets may be beneficial for **weight loss and muscle maintenance**. The study theorizes that, due to the amino acid leucine found in protein-rich foods, increasing the proportion of protein to carbohydrates in the diet may have positive effects on body composition, as well as blood lipids, glucose homeostasis and satiety during weight loss.

Researchers have found that people on a moderately high-protein diet (34% protein/46% carbohydrate/20% fat) **lost more fat mass** than those on a higher-carbohydrate diet (17% protein/64% carbohydrate/20% fat). In particular, the moderately high-protein diet is associated with greater reduction in triglyceride concentration and improvements in hemoglobin and vitamin B₁₂ status.

Abdominal obesity, or a "beer belly," is significantly related to morbidity and mortality. It's unknown exactly why certain people tend to gain fat in the belly area, but a study published in the 2005 *Journal of Nutrition* found that those who had the highest proportion of energy intake (or calories) from protein also had the lowest waist-hip ratio — which indicates that replacing a moderate intake of protein for carbohydrates may help to reduce **stomach fat**.

Protein Boosts Benefits of Exercise

A study published in 2005 in the *Journal of Nutrition* shows that **exercise** is more effective when paired with a moderately high-protein diet. The study examined two groups, with one eating a protein-rich diet designed to contain specific levels of leucine, one of the essential amino acids. A second group consumed a diet with

higher amounts of carbohydrates. When comparing both groups, who also followed an exercise program including five 30-minute walking sessions and two 30-minute weightlifting sessions per week, people who followed the protein-rich dietary pattern lost even more weight, and almost 100 percent of the weight loss was fat. In the high-carbohydrate group, as much as 25 to 30 percent of the weight lost was muscle. Researchers concluded that the protein-rich diet is successful in maintaining muscle mass while burning fat because protein foods, like beef, contain high levels of the amino acid leucine, which works with insulin to promote muscle growth.

Rev Metabolism While You Sleep

Protein has been shown to assist in weight management during sleep. A 2006 American Journal of Clinical Nutrition study showed that by consuming nearly a third of daily calories as lean protein, a person's metabolism increases during the day, as well as when sleeping.

What is High-Quality Protein?

High-quality proteins provide the right amounts of essential amino acids, or "building blocks," the body needs to grow, build and maintain muscle and function properly. But when it comes to choosing protein, it's important to realize that proteins are not created equal. Animal proteins, like lean beef and pork, skinless poultry, lowfat dairy products and eggs, are complete high-quality proteins that contain all the essential amino acids the body needs to build and maintain muscle mass.

How Can You Get Lean with Protein?

The 2005 Dietary Guidelines for Americans and MyPyramid recommend people "go lean with protein" each day. Some simple tips to enjoy lean protein that can pack a powerful punch to maintain a healthy weight, as part of a balanced, active lifestyle:

Wake-Up Call

- Start the day right with scrambled eggs in a whole-grain pita with vegetables.
- Order a nonfat latte to add a protein boost to your caffeine fix.

Maximized Mid-Day Munchies

- Pack beef jerky for a protein-powered treat.
- Add lowfat cheese to apple slices for a savory, high-powered snack.
- Snack on cottage cheese for a complete protein pick-me-up.

Lean Lunches

- Add some protein to any salad with a hardboiled egg, lean beef or pork strips.
- Enjoy an open-faced, lean roast beef or ham sandwich for a high-protein lunch.

Satisfying Suppers

- Add lean ground beef to chili or other soups to spice up the protein power.
- Don't forget sliced lean steak or pork strips in your stir-fry for more protein sizzle.
- Get more protein in your meal by adding skinless chicken breast pieces or salmon chunks to a vegetable kabob.

It's Easy to Enjoy Lean Protein Meals All Day!

Breakfast

Breakfast Sandwich:
 Lean Deli Ham (1 oz.)
 Lowfat Cheddar Cheese (2 oz.)
 Bagel (2 oz., or 1/2 medium bagel)
 Skim Milk (1 cup)

Lunch

Turkey Sandwich:
 Skinless Turkey Breast (3 oz.)
 Cheese (1 oz.)
 High-Fiber Bread (1 slice)
 Mayonnaise (1/2 tbsp.)
 Broccoli (2-3 spears)
 Half an Apple

Dinner

Marinated Sirloin Steak (6 oz., broiled)
 Baked Potato with Skin (3 oz.)
 with Sour Cream (1 tbsp.)

Snacks

Morning:
 String Cheese (1 oz.)
 Afternoon:
 Sliced Veggies (1/2 cup)
 wrapped with Lean Roast Beef (1 oz.)

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