

PROTEIN AND WEIGHT MANAGEMENT

Weight management- 5 WAYS

1. A high protein diet and meal can leave you feeling satisfied.¹
2. Protein consumption should be a similar amount at every meal. If you have a recommendation for 60 grams of protein per day, you'd want to incorporate 20 grams of protein at each meal.²
3. 30 minutes of exercise everyday helped those that exercise, weigh less.
4. Low Fat Dairy Consumption is effective in helping those struggling with weight, to maintain or lose weight.³
5. High protein diets have been shown to improve the overall triglyceride levels in those concerned with triglycerides.⁴



Figure 1 All Photos Courtesy of Pixabay

20 GRAMS OF PROTEIN - 10 WAYS

Lunch/Dinner

1 Cup Brown Rice and 1 Cup Black beans

2/3 Cup cubed tofu, extra firm

3 oz of roasted pork tenderloin, lean

3 oz boneless baked or grilled chicken breast

3 oz skirt steak

1 Cup Quinoa with 2 oz fresh salmon, cooked

Peanut butter and Jelly Sandwich with and 8 oz glass of skim milk

Breakfast

1 turkey sausage patty; 2 eggs cooked; 1 piece of whole wheat toast

1 Cup oatmeal 1/2 Cup walnuts 2 slices turkey bacon

2 Scoops or 2 servings plant protein or whey protein powder, 1/2 cup frozen fruit, 1/2 cup almond milk

Additional Resources

Choose my plate /My Plate

<https://www.choosemyplate.gov/MyPlate>

Calculate your protein needs here:

<http://www.calculator.net/protein-calculator.html>

References

1. Paddon Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga MS. Protein, weight management, and satiety. *American Journal of Clinical Nutrition*. 2008;87(5):1561s. <http://www.narcis.nl/publication/RecordID/oai:cris.maastrichtuniversity.nl:publications%2Fec2a71c6-38ce-431c-a0ad-2133120831b9>.
Obesity with comorbidities metabolic syndrome and cardiovascular disease are a major public health concern. Long and short-term interventions should be considered in these interventions. Benefits of a high protein diet include (1) Increased satiety from increased protein intake can help lower overall energy consumption, (2) Increase thermogenesis and less need for excessive energy, (3) Maintenance or retention of fat free body mass. Any potential benefits of these intervention options should be determined appropriate on an individual basis.
2. Mamerow M,M., Mettler J,A., English K,L., et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *The Journal of Nutrition*. 2014;144(6):876-880. doi: 10.3945/jn.113.185280 [doi].
In a group of men and women age 33-40 with a measured BMI of 24.9-26.5 kg/m², even consumption of protein showed positive outcomes. This recommendation was 28 to 34 grams of protein consumed at an even proportion through every meal (breakfast, lunch and dinner) is more affective in maintaining and building muscle than eating all the protein for one day, at one meal.
3. Pasiakos SM. Metabolic advantages of higher protein diets and benefits of dairy foods on weight management, glycemic regulation, and bone. *Journal of Food Science*. 2015;80(S1):A7. <https://onlinelibrary.wiley.com/doi/abs/10.1111/1750-3841.12804>. doi: 10.1111/1750-3841.12804.
An increase in dietary protein intake has evidence for safety. Therefore, it can have many positive adaptations including improved weight management (decrease in body fat, maintaining lean body mass, glycemic control, calcium store maintenance, and healthy bones for years to come). Dairy consumption is an efficient part of a high protein diet for the varying essential amino acids that are presently found in dairy.
4. Lisa Te Morenga, Jim Mann. The role of high-protein diets in body weight management and health. *The British Journal of Nutrition*. 2012;108(S2):S130. <http://www.ncbi.nlm.nih.gov/pubmed/23107524>. doi: 10.1017/S0007114512002437.
High protein diets are beneficial to those consuming adequate calories. Some of these changes related to high protein intake include sparing of lean body mass, decreasing triglycerides, increasing HDL levels, total cholesterol ratio, and improved glycemic control. It is important to remain within compliance of the suggested diet. High protein diets are useful for weight maintenance, weight loss, and high triglyceride levels.