

PROTEIN 101

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It seems everywhere we look someone is promoting a new diet that praises the power of protein. But whether you want to lose or gain weight, or maintain your current weight, the importance of protein goes far beyond physical appearance and muscle building.

A NECESSITY FOR EVERY BODY

Protein is an important component of every cell in the body. It is an organic compound, composed of 20 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs, and the body utilises it to build and repair tissues, as well as for the production of enzymes and hormones. Protein also makes it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a 'macronutrient,' meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10% to 35% of our total calorie intake, with men needing slightly more than women. A deficiency can impair important body functions and protein can cause loss of muscle mass.

HOW PROTEIN AFFECTS YOUR WEIGHT

The widespread popularity of high-protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. Another benefit of protein is that it raises your resting metabolism by maintaining muscle mass. Muscle cells are much more metabolically demanding than fat cells, so the greater our proportion of muscle to fat, the faster our metabolic rate. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Protein also leads to a much less rapid rise and fall of blood sugar and insulin, so you avoid the 'sugar highs and lows' after eating sweets without adequate protein. Certain foods, however, provide a healthier resource for protein than others.

CONSIDER THE SOURCE

You can obtain healthy sources of protein without high levels of saturated fat. For example, soybeans, nuts and whole grains provide protein without much saturated fat and offer plenty of healthy fibre and micronutrients as well.

If you're looking for yet another great way to obtain healthy protein, vegetable sources of protein are found in several Herbalife® products including Roasted Soy Nuts, Personalised Protein Powder and Formula 1 Nutritional Shake Mix. Herbalife® products personalise your daily protein intake to match your body's needs. With a variety of shakes and snacks, Herbalife's weight-management programme helps you build or maintain lean muscle while providing healthy weight-management support.

Now that you've increased your knowledge of protein, you can effectively enhance your diet and allow good health to take shape.

PROTEIN FOODS AT-A-GLANCE

The following is a list of foods and their protein content in grams*:

| | Serving size | Protein |
|---|---------------------|-------------------------|
| DAIRY PRODUCTS | | |
| Egg whites | 7 whites | 25g |
| Cottage cheese (low-fat) | 1 cup (240g) | 33g |
| Mozzarella cheese(reduced-fat) | one slice (21g) | 5g |
| Yoghurt (low-fat, plain) | 1 tub (200g) | 13g |
| Milk (skim) | 1 cup (250mL) | 8.5g |
| MEATS | | |
| Beef (lean) | 100g | 20g |
| Chicken breast | 85g | 26g |
| Turkey breast | 100g | 30g |
| Turkey ham | 100g | 13g |
| Pork fillet | 100g | 27g |
| FISH | | |
| Ocean-caught fish | 100g | 25g |
| Prawns, crab, lobster | 100g | 24g |
| Tuna | 70g (tinned) | 18g |
| Scallops | 85g (cooked weight) | 14g |
| BEANS, LENTILS & GRAINS | | |
| Beans (black, pinto, etc.) | ½ cup (cooked) | 7g |
| Lentils | ½ cup (cooked) | 9g |
| Quinoa | ½ cup (cooked) | 6g |
| Tofu | ¼ block | 7g |
| Veggie burger | one burger | 5-20g (varies by brand) |
| Note: Some ready-to-eat cereals are also good protein sources. Check labels – some have more than 10 grams of protein per serving. | | |
| HERBALIFE® PRODUCTS | | |
| Formula 1 shake (with 300mL skim milk) | one serving (28g) | 19g |
| Protein Bar | one bar (35g) | 10g |
| Personalised Protein Powder | one serving (6g) | 5g |

*Nutritional values are approximate and may vary according to brand and product chosen.