

PROTEIN 101, By David Heber, M.D., Ph.D.



It seems everywhere we look, someone is promoting a new diet that praises the power of protein. But whether you want to lose, gain, 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 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones. Proteins also make 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 caloric intake, with men needing slightly more than women. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

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. 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 healthful fiber and micronutrients as well. If you're looking for yet another great way to obtain healthy protein, vegetable sources of protein found in Herbalife's Formula 1, are high-quality and have lower calorie levels with virtually no added fat. Herbalife® products personalize your daily protein intake to match your body's needs. With a variety of shakes and snacks, the ShapeWorks® program 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 IN FOODS

Dairy Products

Milk, 1 C. - 8 grams

Cheddar/Swiss, 1 oz. - 7 grams

Cottage Cheese, ½ C. - 12 grams

Yogurt, 1 C. - 7 grams

Meats

Chicken, 3oz.- 25 grams

Egg (1), - 6 grams

Turkey, 3oz. - 27 grams

Beef, 3oz. - 20 grams

Pork, 3oz. - 21 grams

Fish

Haddock, 3oz. - 16 grams

Salmon, 3oz. - 17 grams

Halibut, 3 1/2oz. - 26 grams

Nuts

Peanut Butter, 1 tbsp.- 4 grams

Walnuts, 1/4 C. - 6 grams

Beans

Navy, Kidney, Pinto Beans, 1/2 C. - 7 grams

Herbalife Foods

Shake w/milk - 17 grams

Soup Mix - 16 grams

Drink Mix - 15 grams

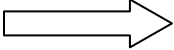
Soy nuts - 16 grams

Snack Bars – 12

Deluxe Snack Bars - 10

WEIGHT LOSS CHALLENGE LOG

Name: _____ Week of: _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Amount of water (in ounces) drank. | | | | | | | |
| Amount (in grams) of protein eaten. | | | | | | | |
| Number of calories consumed. | | | | | | | |
| Amount of exercise (in minutes). Include type. | | | | | | | |
| <p>Food Log: Write down <u>everything</u> you eat and drink.</p>  | | | | | | | |