

## Protein

Put basically, protein makes up the building blocks of organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues. Meanwhile, children also need it for growth.

After you eat, some calories are used for the purpose of digesting and metabolizing the food. This is called the thermic effect of food (TEF). Protein has a ***much higher*** thermic effect of around 20-30% compared to carbs (5-10%) and fat (0-3%)

This means that when you eat 100 calories of protein, you only end up adding 70 calories to your body – a good enough reason to enjoy protein already maybe?



Your body needs protein to stay healthy and work the way it should. More than 10,000 types of protein are found in everything from your organs to your muscles and tissues to your bones, skin, and hair.



Protein is also a critical part of the processes that fuel your energy and carry oxygen throughout your body in your blood. It also helps make antibodies that fight off infections and illnesses and helps keep cells healthy and create new ones.

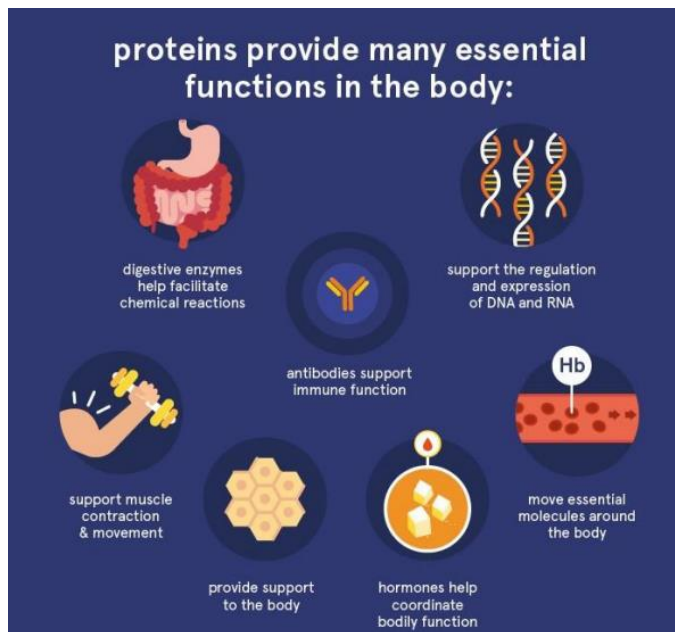
Protein can be found in a whole host of foods such as:

- Beef
- Chicken
- Chick Peas
- Cottage Cheese
- Crab
- Duck
- Egg
- Fish
- Flaxseeds
- Greek Yoghurt
- Green Peas
- Ham
- Kangaroo (!!)
- Lobster
- Oysters
- Pork Loin
- Scallops
- Shrimp
- Squid
- Steak
- Turkey
- Venison

There is something in that list for everyone, I think.

### **What do proteins do for the body?**

Our bodies are made up of thousands of different proteins, each with a specific function. They make up the structural components of our cells and tissues as well as many enzymes, hormones and the active proteins secreted from immune cells.



When it comes to weight loss, protein also helps by boosting your metabolism.

A high protein diet can make you burn 80-100 more calories per day, with one study showing an increase of 260 calories.

Protein can also reduce hunger and appetite via several different mechanisms, which can lead to an automatic reduction in calorie intake.

In other words, you end up eating fewer calories without having to count calories or consciously control portions.

Numerous studies have shown that when people increase their protein

intake, they start eating fewer calories.

This works on a meal-to-meal basis, as well as a sustained day-to-day reduction in calorie intake if protein intake is kept high. In one study, protein at 30% of calories caused people to automatically drop their calorie intake by **441 calories per day**, which is a huge amount.

So, high protein diets not only have a metabolic advantage – they also have an “appetite advantage,” making it much *easier* to cut calories compared to lower protein diets

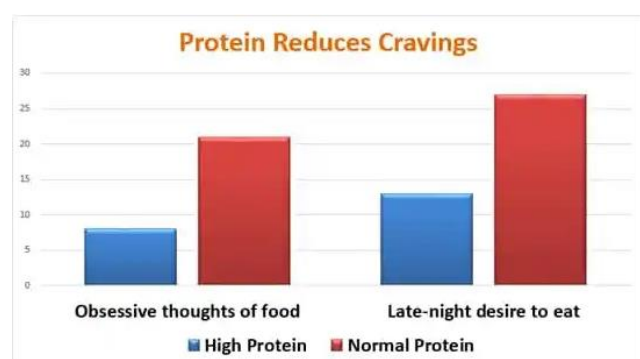
### **BOTTOM LINE:**

High-protein diets can boost your metabolism, are highly satiating, lead to reduced hunger and appetite compared to lower protein diets.

They can reduce your hunger pangs and stop you from snacking during the day

This makes it much easier to restrict calories on a high-protein diet.

Because of the unique way that protein works to reduce your appetite, and the higher thermic effect which reduces the amount of



calories entering your body, this means that Protein is helping you with both sides of the calorie in v calorie out equation



If you are adding some strength training into your workouts, protein will also help you with this by repairing and rebuilding your muscles afterwards.

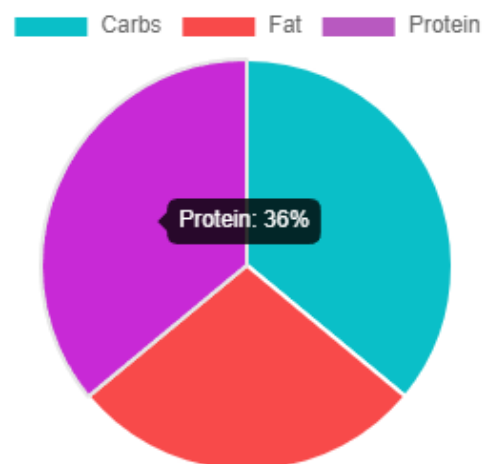
The more muscle mass, the more calories you then burn when exercising.

It's a win-win! Are you convinced yet...?

The majority of people on our courses want to achieve some level of weight loss, and if you are one of them, this is for you!

### How to adjust your Macro balance

- Step 1: Open My Fitness Pal
- Step 2: Click on GOALS
- Step 3: Edit 'Daily Nutrition Goals'
- Step 4: Change your macros to Carbs – 35%, Fats – 25% and Protein 40%
- Step 5: Click on SAVE GOALS



Then, when you start adding your food to your diary for this week, scroll to the bottom of the days entry and you will see a bar chart showing you macros. Hover your mouse over them and the % will pop up.