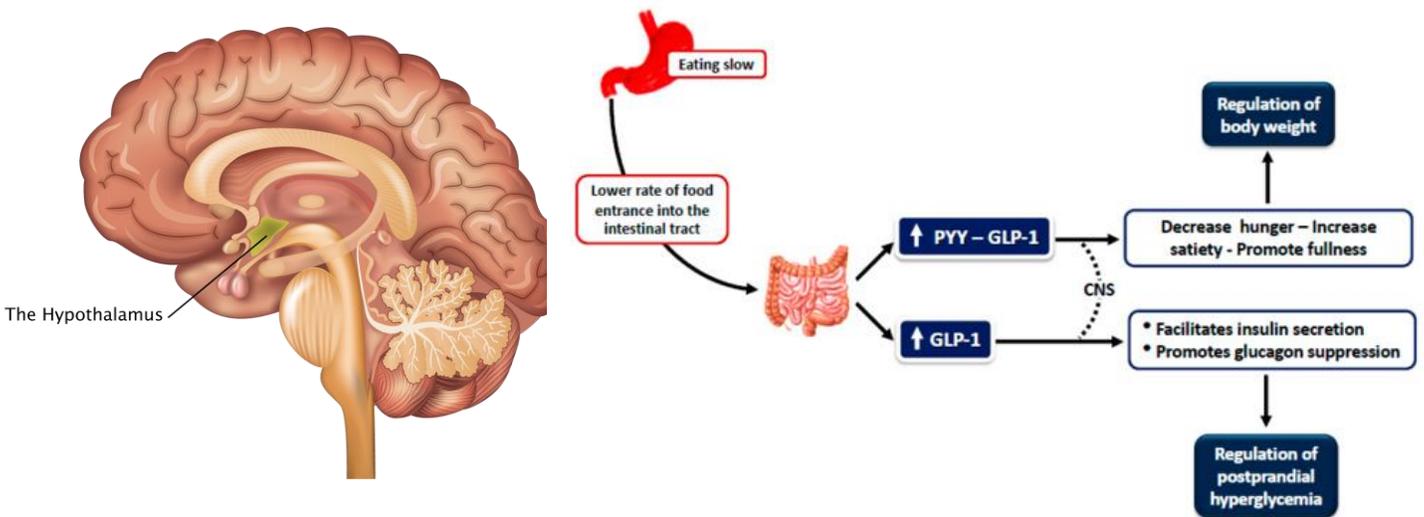


Protein is the most important nutrient for weight loss and for you to have a body to love. A high protein intake boosts the metabolism and is a natural appetite suppressant. It also changes weight-related hormones. Protein can help you to lose weight and use different mechanisms. Your weight is actively regulated by the brain, particularly the area called the hypothalamus. In order for the brain to determine when and how much to eat, it processes multiple different types of information. The most important signals to the brain are hormones that change in response to feeding.

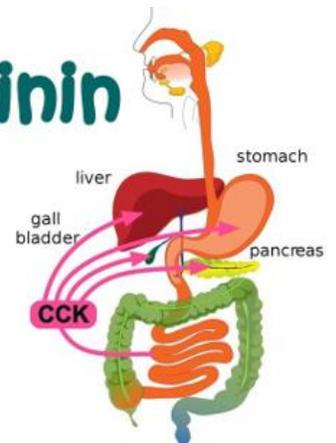
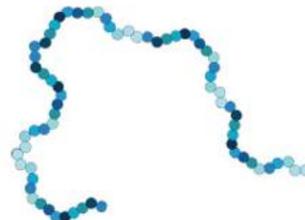


A higher protein intake increases the levels of the satiety hormones GLP-1 (the main actions of GLP-1 are to stimulate insulin secretion i.e., to act as an incretin hormone, and to inhibit glucagon secretion, thereby contributing to limit postprandial glucose excursions), the peptide YY hormone – (the full name for peptide YY is pancreatic peptide YY. It is a hormone that is secreted from endocrine cells called L-cells in the small intestine), and cholecystokinin CCK– (cholecystokinin CCK is a gut hormone released after a meal, which helps digestion and reduces appetite). Therefore a higher protein intake is reducing the hunger hormone ghrelin.

This leads to a reduction in hunger and is the main reason why protein helps you to lose weight. A high protein intake boosts the metabolism, and you burn calories during the day and night.



Cholecystokinin



Nutritional value of protein

The nutritional value of a protein is measured by the quantity of essential amino acids it contains.

Animal products (such as chicken, beef or fish and dairy products) have all of the essential amino acids and are known as 'complete' protein.

Soy products, and quinoa also have all of the essential amino acids.

Plant proteins (beans, lentils, nuts and whole grains) do not have all the essential amino acids and are called 'incomplete' proteins.

Protein foods

Some food sources of dietary protein include:

Lean meats – beef, lamb, veal, pork.

Poultry – chicken, turkey, duck.

Fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams.

Eggs.

Dairy products – milk, yoghurt (preferable Greek yoghurt), cheese (preferable cottage cheese).

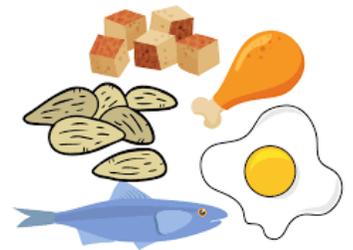
Nuts and seeds – almonds, walnuts, macadamias, hazelnuts, cashews, pumpkin seeds, sesame seeds, sunflower seeds.

Legumes and beans – all beans, lentils, chickpeas, split peas.

Your protein needs

The two main groups are the:

Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans group.



Milk, yoghurt, cheese group.

The human body can't store protein and will excrete any excess, so the most effective way of meeting your daily protein requirement is to eat small amounts at every meal.

