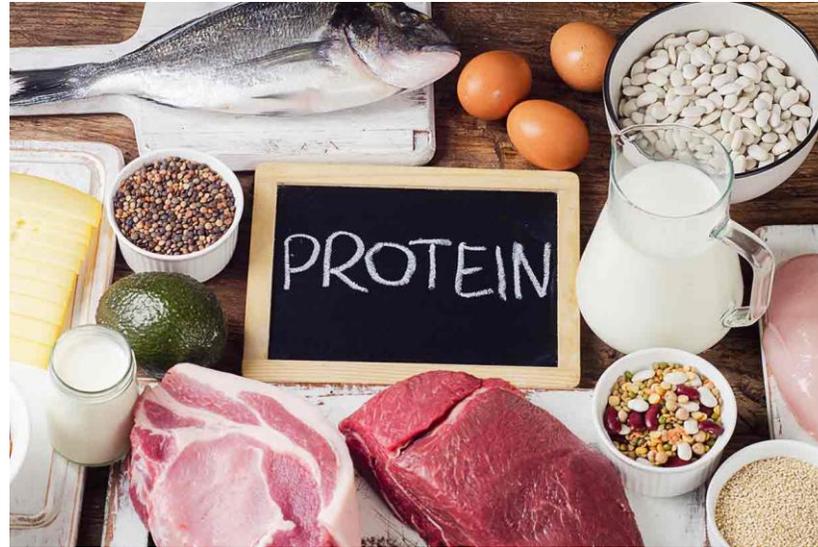


Power of Protein



 **Deaconess**
WEIGHT LOSS
SOLUTIONS

What is Protein?

Protein is:

- ▶ An essential nutrient
- ▶ Made up of 20 different amino acids which are described as building blocks
- ▶ Used to build things in our bodies such as muscle
- ▶ Part of antibodies which protect us from disease-causing bacteria and viruses
- ▶ Builds new tissues during healing



Protein's Role for General Good Health

Protein is a component that makes up:

- ▶ Muscle
- ▶ Blood
- ▶ Internal organs
- ▶ Skin
- ▶ Hair
- ▶ Nails
- ▶ Bones



Protein's Role in Weight Loss

- ▶ Promotes the feeling of fullness, which is helpful when working to eat less
- ▶ Preserves muscle mass
 - ▶ For strength to do your daily tasks and activities
 - ▶ To help increase your metabolism, which means the calories you burn while at rest



Maintaining Muscle Mass During Weight Loss

- ▶ Become more active by using your muscles during strength-building exercises
- ▶ Include protein-rich foods into your daily meals and snacks
- ▶ For each pound of muscle you have, you burn about 6-10 calories per day
- ▶ For each pound of fat you have, you burn about 2-4 calories per day



Animal and Plant-Based Protein Sources

Animal Protein

- ▶ Animal-based proteins contain all 9 essential amino acids, making them complete and highly bioavailable for the human body.
- ▶ Sources: beef, pork, lamb, venison, chicken, turkey, fish, eggs, yogurt, cheese, milk, cottage cheese



Plant Protein

- ▶ Complete plant-based proteins include: quinoa, buckwheat, amaranth, and soy products
- ▶ Most plant-based proteins are not complete proteins, however, can be combined to make complete proteins.
- ▶ Sources: beans, lentils, nuts, nut butters, seeds, grains, soy foods



Protein Content of Foods

Animal-Based Protein

- ▶ Milk, 8 oz. = 8 g
- ▶ Non-fat Greek Yogurt, 6 oz. = 10-15 g
- ▶ Non-fat yogurt = 5-7 g
- ▶ Cheese, 1 oz. = 7 g
- ▶ Lean beef, poultry, pork, 3 oz. = 18-25 g
- ▶ Light Tuna, packed in water, 3 oz = 16.5 g
- ▶ Salmon, 3 oz. = 22 g
- ▶ Large egg, 1 = 6 g

Plant-Based Protein

- ▶ Kidney beans, ½ cup = 6.4 g
- ▶ Quinoa, 1 cup = 8 g
- ▶ Lentils, ½ cup = 9 g
- ▶ Soybeans (edamame) ½ cup = 6 g
- ▶ Broccoli, cooked, 1 cup = 3.7 g
- ▶ Oats, cooked, 1 cup = 6 g
- ▶ Almonds, pistachios, 1 oz = 6 g

Meeting Protein Goals for Weight Loss

- ▶ Plan meals and snacks ahead of time to have the appropriate foods when needed
- ▶ Include a protein-rich food at each meal and snack time
- ▶ Along with protein, be sure to include vegetables, fruit and whole grains when planning meals and snacks for a balanced approach



Meeting Protein Goals

Protein Guide for Meals & Snacks

- ▶ The body does not store protein and needs to be consumed daily
- ▶ Best utilization of protein by the body is when protein is consumed throughout the day, and not just at 1-2 meals
- ▶ Eat your protein 1st to avoid filling up on other foods

Example of Dividing Protein*

- ▶ Breakfast: 15-20 grams
- ▶ Snack: 5-10 grams
- ▶ Lunch: 15-20 grams
- ▶ Snack: 5-10 grams
- ▶ Dinner: 15-20 grams
- ▶ Snack: 5-10 grams

*You may not want 3 snacks per day. Your meal plan should be tailored to your needs and preferences. This is just an example of how to spread your protein intake throughout the day.

Protein-Focused Meal Plan

Breakfast:

- ▶ Premier Protein Cereal 1 cup = 20 grams of protein
- ▶ 8 oz. 1% milk = 8 grams of protein
- ▶ ¾ cup of blueberries

Lunch:

- ▶ Lettuce salad with a variety of vegetables (2 cups) = about 4 grams of protein
- ▶ 3 oz. grilled chicken = 25 grams of protein
- ▶ 2 Tbsp. Reduced-fat salad dressing
- ▶ 6 whole grain crackers = 3 grams of protein
- ▶ 17 small grapes

*This 1-day meal plan provides a total of about 109 grams of protein; this includes the 3 meals from above plus the light Greek yogurt. The number of snacks per day depends on individual needs

Dinner:

- ▶ 3 oz. grilled salmon = 22 grams
- ▶ 1 cup cooked quinoa = 8 grams
- ▶ 1 cup cooked broccoli = 3.7 grams
- ▶ 1 tsp. margarine
- ▶ 1 orange

Snack Ideas with Protein:

- ▶ 1 oz of cheese and 6 whole grain crackers
- ▶ 1 Tbsp of peanut butter and 1 small apple
- ▶ Raw vegetables and 2 Tbsp of hummus
- ▶ ***Light Greek yogurt = 15 grams**

*Protein varies based on brand of yogurt

Protein Supplement Sources

Complete Protein

- ▶ Egg: Egg albumin
- ▶ Milk: Milk Protein, milk protein isolate, milk protein concentrate, whey
- ▶ Soy: soy protein isolate, soy protein concentrate, textured vegetable protein (TVP), soy flour, hydrolyzed soy protein, soy albumin, vegetable protein

Incomplete Protein

- ▶ Pea Protein: Pea Protein, Pea Protein Isolate
- ▶ Rice Protein: Rice Protein, Hydrolyzed Rice Protein, Brown Rice Protein, and specific forms like Rice Protein Concentrate or Rice Protein Isolate

Protein Supplement Guidelines

Recommendations per serving:

- ▶ 15-30 grams of protein
- ▶ 5 grams or less of Total Sugar
- ▶ 2 grams or less of Added Sugar
- ▶ Check the ingredient list for the sources of protein
 - ▶ Complete protein
 - ▶ Incomplete protein
- ▶ Some protein supplements contain more than 1 protein source, so review the entire ingredient list
- ▶ Milk based protein supplements suitable for people with lactose intolerance:
 - ▶ Whey protein “isolate”
 - ▶ Milk protein “isolate”
- ▶ Soy protein and egg protein contains no lactose

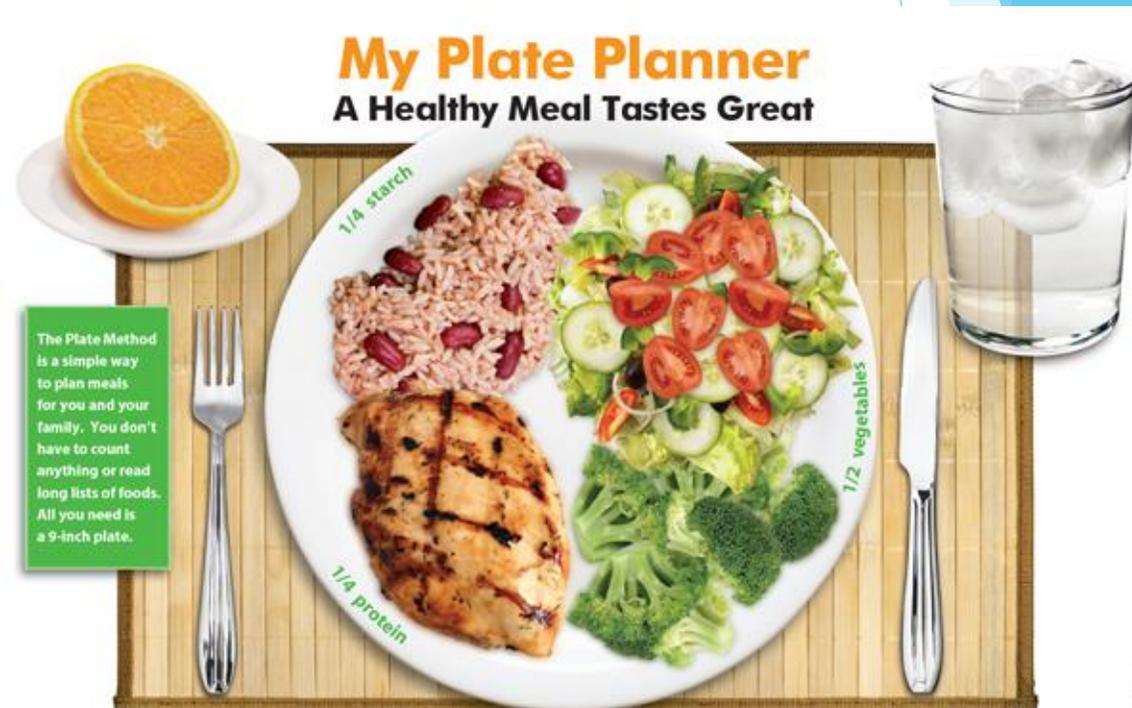
Using as a Meal Replacement

- ▶ Recommended use to replace up to 1 meal per day.
- ▶ Benefits:
 - ▶ Control calorie intake
 - ▶ Help meet daily protein needs
- ▶ For a meal replacement shake that contains less than 200 calories or less than 10 grams of carbohydrates, add one additional food such as a piece of fruit to complete the meal.
- ▶ Used after surgery to supplement your diet with a quality protein source



My Plate Planner Guide to a Healthy Meal Plan

- ▶ A healthy meal plan includes:
 - ▶ Lean meat, poultry, fish, or meat alternative
 - ▶ Vegetables
 - ▶ Fruits
 - ▶ Whole Grains
 - ▶ Dairy foods or non-dairy alternative that are calcium-rich
- ▶ *Meal planning is important to make sure you are achieving your daily nutrition goals. Check with your dietitian for more information on this topic.
- ▶ Follow the Plate Guide for planning your meals and snacks:



Apply What You Learned

In order to complete the requirements for this nutrition lesson, you will need to complete the post-test/activity on our website.

[Deaconess - Weight Loss - Nutritional Lessons](#)

Turn in completed document via MyChart to your provider.