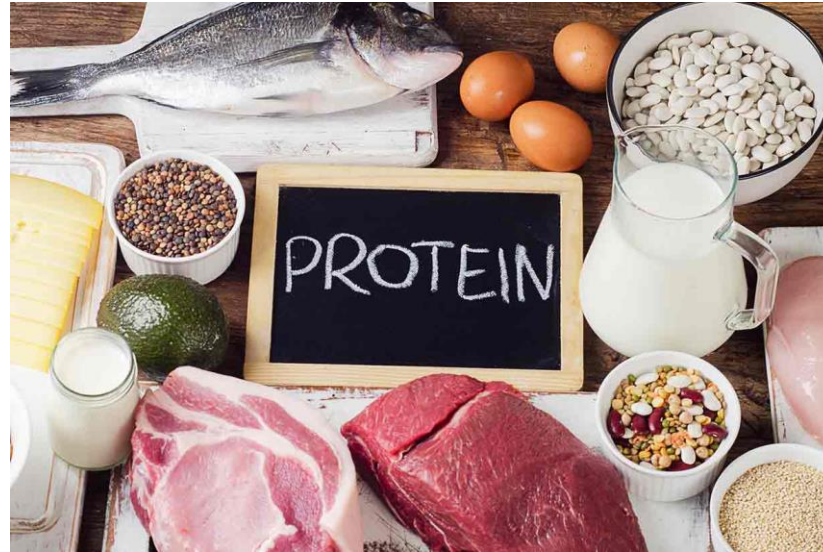


# Power of Protein for Healthy Eating



**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 trying 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



# Maintain Your Muscle Mass

- ▶ As we get older, we lose (decrease) our muscle mass
- ▶ Weight loss can also lead to muscle mass loss
- ▶ What does muscle get replaced by?
- ▶ -Answer: Fat!
  
- ▶ **\*Note: Muscle burns 2-3 times more calories than fat!**

## The Breakdown of Calories

- ▶ For each pound of muscle you have, you burn about 6-10 calories per day
- ▶ For each pound of fat you have, you consume about 2-4 calories per day



# Maintain Your Muscle Continued:

## How to Maintain Muscle During Weight Loss?

- ▶ Become more active by using your muscles during strength-building exercises
- ▶ Include protein-rich foods into your daily meals and snacks



# Protein Goals for Weight Loss

- ▶ Typical Daily Protein Goals:
- ▶ Women: 60-75 grams per day
- ▶ Men: 80-100 grams per day
- ▶ \*These goals are typical for weight loss, but can vary based on your individual nutrition needs
- ▶ Speak with a registered dietitian for the meal plan that best fits you!



# Meeting Protein Goals for Weight Loss

## Protein Guide for Meals & Snacks

- ▶ 1. The body does not store protein and needs to be consumed daily
- ▶ 2. Best utilization of protein by the body is when protein is consumed throughout the day, and not just at 1-2 meals
- ▶ 3. Protein foods can help maintain satiety or the feeling of fullness. This is important when you are trying to eat less food (calories)

## Sample of Dividing Protein

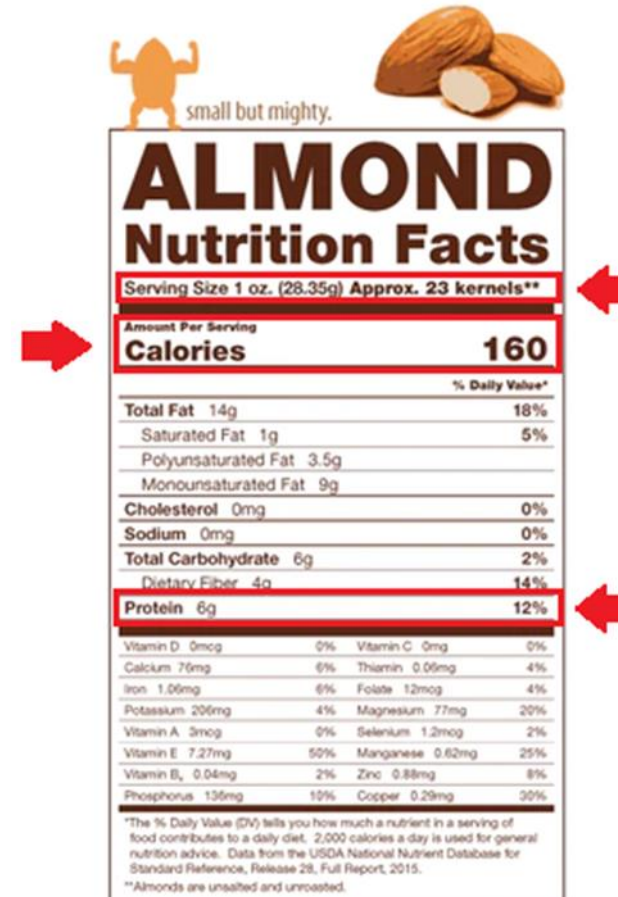
- ▶ Breakfast: 15-20 grams
- ▶ Snack: 5-10 grams
- ▶ Lunch: 15-20 grams
- ▶ Snack: 5-10 grams
- ▶ Dinner: 15-20 grams
- ▶ Snack: 5-10 grams
- ▶ \*You may not want 3 snacks per day. Your meal plan should be tailored to your needs and preferences. This is just an example of how to spread your protein intake throughout the day.



# Meeting Protein Goals for Weight Loss (Continued)

Use the Nutrition Facts Label to:

- ▶ Check the calories and protein per serving on the food label of packaged/processed foods
- ▶ Compare the amount of protein per serving of similar foods when protein content may vary such as yogurt
- ▶ \*Be sure to review all the information provided on the food label to make the best food choice!



small but mighty.

**ALMOND**  
**Nutrition Facts**

Serving Size 1 oz. (28.35g) Approx. 23 kernels\*\*

Amount Per Serving		Calories	
		<b>160</b>	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 14g		<b>18%</b>	
Saturated Fat 1g		5%	
Polyunsaturated Fat 3.5g			
Monounsaturated Fat 9g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 0mg		<b>0%</b>	
<b>Total Carbohydrate</b> 6g		<b>2%</b>	
Dietary Fiber 4g		14%	
<b>Protein</b> 6g		<b>12%</b>	
Vitamin D 0mcg	0%	Vitamin C 0mg	0%
Calcium 76mg	6%	Thiamin 0.06mg	4%
Iron 1.06mg	6%	Folate 12mcg	4%
Potassium 206mg	4%	Magnesium 77mg	20%
Vitamin A 3mcg	0%	Selenium 1.2mcg	2%
Vitamin E 7.27mg	50%	Manganese 0.62mg	25%
Vitamin B <sub>6</sub> 0.04mg	2%	Zinc 0.88mg	8%
Phosphorus 136mg	10%	Copper 0.29mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Data from the USDA National Nutrient Database for Standard Reference, Release 28, Full Report, 2015.  
\*\*Almonds are unsalted and unroasted.

# Meeting Protein Goals for Weight Loss

- ▶ Meal Planning Guidelines:
- ▶ 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



# Essential Amino Acids

- ▶ 9 out of the 20 amino acids are called essential amino acids because our bodies cannot make them on their own, we must consume them from protein-rich foods
- ▶ A complete protein is referred to a food that contains all 9 essential amino acids

THE ESSENTIAL AMINO ACIDS (WHICH OUR BODIES CANNOT MAKE) :		
$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{C} \\  / \quad \backslash \\  \text{HN} \quad \text{CH} \\    \quad   \\  \text{HC} \quad \text{NH}^+  \end{array}  $ <p><b>Histidine</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{C} \\  / \quad \backslash \\  \text{H}_2\text{C} \quad \text{CH}_2 \\    \quad   \\  \text{CH}_2 \quad \text{CH}_2  \end{array}  $ <p><b>Isoleucine</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{CH}_2 \\    \\  \text{C} \\  / \quad \backslash \\  \text{H}_3\text{C} \quad \text{CH}_2  \end{array}  $ <p><b>Leucine</b></p>
$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{CH}_2 \\    \\  \text{CH}_2 \\    \\  \text{NH}_2  \end{array}  $ <p><b>Lysine</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{CH}_2 \\    \\  \text{S} \\    \\  \text{CH}_3  \end{array}  $ <p><b>Methionine</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{C}_6\text{H}_5  \end{array}  $ <p><b>Phenylalanine</b></p>
$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}-\text{CH}_3 \\    \\  \text{OH}  \end{array}  $ <p><b>Threonine</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{CH}_2 \\    \\  \text{C} \\  / \quad \backslash \\  \text{C}_6\text{H}_4 \quad \text{N} \\    \quad   \\  \text{H} \quad \text{H}  \end{array}  $ <p><b>Tryptophan</b></p>	$  \begin{array}{c}  \text{H} \quad \text{O} \\    \quad    \\  \text{H}-\text{N}-\text{C}-\text{C}-\text{O}-\text{H} \\    \quad   \\  \text{H} \quad \text{C} \\  / \quad \backslash \\  \text{H}_2\text{C} \quad \text{CH}_2  \end{array}  $ <p><b>Valine</b></p>
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# Which Foods Contain Complete Proteins?

Anything that Comes from an  
Animal Contains Complete  
Protein:

- ▶ Meat: beef, pork, lamb, venison
  - ▶ Poultry: chicken, turkey
  - ▶ Fish and shellfish
  - ▶ Eggs
  - ▶ Dairy Foods: yogurt, cheese, cottage cheese, milk
- ▶ \*All of the foods listed are examples of a complete protein because they all contain all 9 essential amino acids



# Which Foods Contain Protein? (Plant Edition)

## Plant Sources of Protein

- ▶ Legumes: beans and lentils
- ▶ Nuts and nut butters
- ▶ Seeds
- ▶ Grains
- ▶ Soy foods: tofu, soy milk, edamame
- ▶ Some vegetables like peas, broccoli, and spinach
- ▶ **\*Note:** Plant sources of protein are mostly incomplete, but consumed in combination over a day can make a complete protein!

- ▶ \*Soy foods & (whole grains) like Quinoa, Buckwheat, and Amaranth are all plant sources of protein that are complete proteins



- ▶ **\*All these foods are an important part of a healthy diet!**

# Protein Content of Foods

## Examples of Protein Content of Foods:

- ▶ \*grams = (g)
- ▶ 8 oz. of milk = 8 (g)
- ▶ 6 oz. container non-Greek yogurt= 5-6 (g)
- ▶ 5.3 oz. container Greek yogurt = 10-15 (g)
- ▶ 1 oz. of cheese = 7 (g)
- ▶ ¼ cup of cottage = 7 (g)
- ▶ 3 oz. lean beef, pork, poultry = 18-25 (g)
- ▶ 3 oz. light tuna canned packed in water = 16.5 (g)
- ▶ 3 oz. salmon = 22 (g)
- ▶ 1 large egg = 6 (g)
- ▶ ½ cup canned kidney beans = 6.4 (g)
- ▶ 1 cup quinoa = 8 (g)
- ▶ 1 cup cooked broccoli = 3.7 (g)
- ▶ **\*3 oz. of cooked meat, fish, and poultry is about the size of a deck of cards**

- ▶ \*Source: USDA Nutrient Database & Food Labels
- ▶ \*Amount of protein per individual item will vary based on specific type or brand.
- ▶ \*Protein content of meat, fish, & poultry are after cooking.



# Meal Replacement Guidelines

## Protein Supplements Per Serving

- ▶ Recommendation:
- ▶ 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
- ▶ Sources of complete proteins:
- ▶ Egg: Egg albumin
- ▶ Milk: Milk Protein, milk protein concentrate, whey
- ▶ Soy: Vegetable source of protein

## CHOCOLATE NUTRITION SHAKE



## Nutrition Facts

1 serving per container	
Serving size	1 Bottle (340mL)
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	<b>60%</b>
Vitamin D 5mcg 25%	Calcium 730mg 60%
Iron 1.9mg 10%	Potassium 480mg 10%
Vitamin A 200mcg 20%	Vitamin B12 1.4mcg 60%
Phosphorus 510mg 40%	Iodine 60mcg 40%
Magnesium 70mg 15%	Zinc 4mg 35%
Selenium 10mcg 20%	Chloride 480mg 20%
Not a significant source of trans fat.	
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- ▶ Fairlife is just one example of a quality meal replacement

# Meal Replacement Guidelines (Plant Edition)

## Examples of Plant Sources of Protein:

- ▶ Pea Protein
- ▶ Rice Protein
- ▶ \*Example of incomplete protein but appropriate based on dietary preferences/restrictions
- ▶ Orgain Protein Powder follows the protein supplement guidelines!



Vegan • Soy Free • Gluten Free • Non-GMO

Nutrition Facts	
Serving Size 2 Scoops (46g)	
Servings Per Container About 10	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat <0.5g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 60mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
Erythritol 5g	
<b>Protein</b> 21g	<b>42%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:**  
ORGAIN ORGANIC PROTEIN BLEND™ (ORGANIC PEA PROTEIN, ORGANIC BROWN RICE PROTEIN, ORGANIC CHIA SEED),  
ORGAIN ORGANIC CREAMER BASE™ (ORGANIC ACACIA GUM, ORGANIC HIGH OLEIC SUNFLOWER OIL, ORGANIC INULIN, ORGANIC RICE DEXTRINS, ORGANIC RICE BRAN EXTRACT, ORGANIC ROSEMARY EXTRACT), ORGANIC ERYTHRITOL, ORGANIC NATURAL FLAVORS, NATURAL FLAVOR, SEA SALT, ORGANIC ACACIA GUM, ORGANIC GUAR GUM, ORGANIC STEVIA, XANTHAN GUM

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**USDA ORGANIC**

**VANILLA BEAN FLAVOR**



# Using as a Meal Replacement

- ▶ Can be used to replace up to 1 meal per day to help:
- ▶ 1. Control calorie intake
- ▶ 2. Help meet daily protein needs
- ▶ For a meal replacement shake that contains less than 200 calories, add one additional food such as a piece of fruit to complete the meal
- ▶ For more information on ready to drink shakes or powders appropriate as a meal replacement, as your registered dietitian during your next visit!



# Protein-Focused Meal Plan

## ▶ Breakfast:

- ▶ Premier Protein Cereal 1 cup = 20 grams of protein
- ▶ 8 oz. 1% milk = 8 grams of protein
- ▶  $\frac{3}{4}$  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

# 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:

