

Protein is the 2nd most important nutrient for the human body after water.

“Take away the water and about 75 percent of your weight is protein... It’s in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood.”

Harvard School of Public Health

HEALTH TIP #4 – PROTEIN

The word 'protein' is from a Greek word meaning 'of first importance'.


Health Benefits of Protein: Nutrition -

- Protein is an important part of nutrition and different animal and plant sources of protein provide different types of amino acids.

Proteins

Proteins are the main substances the body uses to build and repair tissues. These tissues include:

- Muscles
- Blood
- Internal Organs
- Skin
- Hair
- Nails
- Bones



Weight Control -

- Eating a balanced diet that includes healthy sources of protein may be helpful in controlling your weight because protein-rich foods move out of your stomach slower, which **means you feel full longer.**
- Protein requires more calories to digest than carbohydrates or fat and it also has a steady effect on blood sugar, which **can help you stave off hunger for longer.**

A HIGHER PROTEIN DIET CAN HELP A PERSON:

- Maintain a Healthy Weight
- Curb Hunger
- Build Lean Muscle
- Enhance Recovery
- Reduce Muscle loss

Disease Prevention -

- Eating a diet high in vegetable sources of protein and fat **can reduce your risk of heart disease and type 2 diabetes.** Legumes, which include beans, peanuts, lentils, and soybeans, as a type of protein-containing food that **can help your body control blood sugar levels and lower your cholesterol.**

Proteins	Description	Food sources
Complete proteins	Proteins that contain all the essential amino acids	Animal products such as meat, eggs and milk and milk products
Incomplete proteins	Proteins that usually lack one or more essential amino acids	Plant foods such as grains, legumes and nuts/seeds

Protein Intake:

- Too much may put an additional strain on the kidneys when extra waste matter is excreted in the urine.
- Too little can cause growth failure, loss of muscle mass, decreased immunity, weakening of the heart, and death.

Recommended Dietary Allowance (RDA) for Protein

Spends most the day sitting	Weight in pounds x 0.4 = grams of protein/day
Physically demanding job & regularly active	Weight in pounds x 0.6 = grams of protein/day
Competitive athlete	Weight in pounds x 0.75 = grams of protein/day
Doing some body building	Weight in pounds x 0.85 = grams of protein/day

Consider making this 'healthy change for a healthier you'!

To Your Health,
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