



## LET'S NOT FORGET ABOUT LEAN PROTEIN

**PROTEIN** helps your body produce more amino acids that build, maintain and restore muscle. Protein is also responsible for healthy blood cells, key enzymes and strengthening the immune system.



*of your daily value of lean protein is in a single serving of turkey.*

**WATCHING YOUR WAISTLINE?** Protein—the lean variety in particular—is a key component of weight loss. High-protein foods take more work to digest, metabolize, and use, which means you burn more calories processing them. They also take longer to leave your stomach, so you feel full sooner and stay that way for a longer amount of time. And if you're working out as well, protein is extra essential for ensuring you lose fat while building toned, lean muscle, which keeps your metabolism humming.

**SATIETY** is the feeling of fullness or lack of desire to eat following a meal. In 2002, the IOM Dietary Reference Intake report on protein suggested that protein has a more satiating effect than fat or carbohydrates—the other macronutrients. This suggests that small increases in protein consumption, offset by decreases in fat or carbohydrate consumption, may help increase feelings of fullness after a meal. It is theorized that if satiety is experienced, then weight loss may occur secondarily to reduce calorie consumption over time.



## NOT ALL PROTEINS ARE CREATED EQUAL

Complete proteins contain all nine essential amino acids your body needs to build lean muscle. Your body cannot produce these essential amino acids so you need to obtain them from food. Low-fat complete protein sources (like turkey!) are your best bet for losing weight while building or maintaining muscle.

### INCOMPLETE PROTEINS

-  **NUTS & SEEDS**
-  **LEGUMES**
-  **MOST GRAINS**
-  **VEGETABLES**

### COMPLETE PROTEINS

-  **POULTRY/MEAT**
-  **FISH**
-  **EGGS**
-  **DAIRY PRODUCTS**
-  **QUINOA**
-  **SOYBEANS**

**SOURCES:**

- [www.whfoods.com](http://www.whfoods.com)
- [www.xrmd.com](http://www.xrmd.com)
- [www.cdc.gov/nutrition](http://www.cdc.gov/nutrition)
- [www.foodinsight.org/newsletters/food-insight-series-power-protein-peek-protein-and-weight-management](http://www.foodinsight.org/newsletters/food-insight-series-power-protein-peek-protein-and-weight-management)
- [www.dietandfitnesstoday.com/turkey-nutrition-facts.php](http://www.dietandfitnesstoday.com/turkey-nutrition-facts.php)
- [www.womenshealthmag.com/weight-loss/protein-weight-loss](http://www.womenshealthmag.com/weight-loss/protein-weight-loss)
- USDA Nutrient Databade, Release 28