

Benefits of protein for weight loss



BETTER APPETITE CONTROL

PROTEIN HELPS YOU FEEL SATISFIED AND PREVENTS HUNGER



METABOLIC BOOST

PROTEIN HELPS BURN MORE KILOJOULES AND PREVENTS THE SLOWING OF METABOLISM THAT OCCURS WHEN YOU LOSE WEIGHT



REDUCED FOOD CRAVINGS

HIGH PROTEIN BREAKFASTS CAN HELP REDUCE NIGHT-TIME CRAVINGS



IMPROVED BODY COMPOSITION

HIGHER PROTEIN DIETS RESULT IN GREATER FAT LOSS AND LESS MUSCLE LOSS



REDUCED ENERGY INTAKE

INCREASES IN PROTEIN AT MEALS CAN HAVE SUBSTANTIAL EFFECTS ON ENERGY INTAKE, WHICH IS ESSENTIAL FOR WEIGHT LOSS

Source: www.totalwellbeingdiet.com

PROTEIN BENEFITS

Beef gives your body more of the high-quality protein you need to achieve and maintain a healthy weight and preserve and build muscle.

WHY FOCUS ON PROTEIN?

Heart healthy diets with high quality lean protein helps lower cholesterol (the bad kind!), reduce the risk of chronic disease and reduce high blood pressure.

Protein helps support strong, lean bodies.



Get more from your workout! Studies show exercise is more effective when paired with a higher-protein diet, and beef provides the amino acids necessary for building and replenishing muscles.

Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.

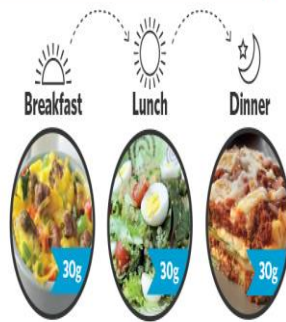


50%

of your recommended Daily Value of protein

a 3-oz serving of beef provides 25 grams of protein and 10 essential nutrients in one tasty package.

THE BENEFITS OF BALANCED PROTEIN THROUGHOUT THE DAY



New research shows spreading protein intake evenly throughout the day may be the most beneficial for overall health and wellness.

25-30 grams

aim for this amount of protein at each meal, plus snacks for ultimate body benefits.

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Take a look at what 25 grams of protein looks like and the caloric cost of plant protein

Food	Quantity	Calories	Protein
Quinoa	3 cups	666 calories	25g
Peanut Butter	6 tablespoons	564 calories	25g
Black Beans	1 3/4 cups	382 calories	25g
Edamame	1 1/2 cups	284 calories	25g
Lean Beef	3 oz	154 calories	25g



Animal proteins, such as lean beef, provide complete high-quality protein that contains all the essential amino acids the body needs for optimal health.

14 EASY WAYS TO ADD PROTEIN TO EVERY MEAL



Quinoa
8 grams per cup
Swap for rice or pasta; add to pancake batter.

Black Beans
15 grams per cup
Add to smoothies, salads, and brownies.



Protein Powder
10 to 25 grams per serving
Add to baked goods and salad dressing.

Avocado
3 grams per serving
Swap for butter; add to smoothies.



Chia Seeds
11 grams per serving
Add to muffins; make a chia pudding.

Peas
8 grams per cup
Add to salad; make a soup.



Greek Yogurt
11 grams per serving (nonfat)
Swap for mayo and sour cream.

Tofu
25 grams per serving
Add to egg scrambles and dips; mix into puddings.



Artichokes
4 grams per serving
Add to pizzas, dips, and omelets.

Cottage Cheese
28 grams per cup
Add to pancake mix and protein shakes; swap for ricotta.



Eggs
6 grams per egg
Add to oatmeal.

Almonds
6 grams per ounce
Add to smoothies, salads, and oatmeal.



Broccoli
11 grams per head
Add to pastas, salads, and smoothies.

Edamame
8 grams per serving
Make dips and pestos; add to salads and smoothies.



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