



Quality Protein Foods

Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant



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Please Note

This course is not about whether you should eat animal proteins, or a plant-based diet.

I'm leaving that decision entirely up to you.



ANIMAL PROTEINS

PLANT PROTEINS

VS



Image: powerofpositivity.com

- Some will eat only a plant-based diet, while others will choose, either because of what their body has already told them, or they cannot bring themselves to eat animals or products made from them.

- Some will eat a mix of both plant-based and animal-based options. This is referred to as the 'Flexitarian Diet'.

- Protein is found right throughout the plant kingdom, so eating animal products is not considered necessary for good health.

- Some will argue with this, but you know what sits right with you.

- Virtually all animal products burn an acidic ash in your body, while plants leave an alkaline ash... more on this later.

Eating a Varied Diet

Eating a Varied Diet

If you are a meat-eater, you don't have to think you are turning into a vegetarian, or that you need to eat 'rabbit food' all the time... simply because you eat a varied diet. Not at all. It just makes good sense!

The more varied our diet can be, the better. It's too easy to fall into a rut and eat the same old, same old!

Your health demands a varied... a very, varied diet.

The problem is that most people eat far too much meat!



Health Benefits from Protein

Eating sufficient protein is essential for your body for:

- Burning fat
- Improves your energy
- Helps with muscle recovery
- Helps to heal cuts and any sort of injury
- Fights diabetes
- Balances blood sugar
- Helps good brain function
- **Helps to fight depression**
- Addresses cholesterol... and more



How much Protein should we eat?

This is far too hard to answer everyone in general. It depends on:

- Age
- Gender
- Amount of activity in your life
- Wanting to lose weight
- Wanting to put weight on
- Wanting to build muscle...

Somewhere between 68 - 75 grams per day for a person weighing 68 kilo

The other annoying factor is it depends upon who you believe, as there are many ideas and opinions about it. So let me give you a mean average on a person weighing 68 kilos:

Option 1 (1g per kilo)

1 gram x 68 = 68 grams protein daily

Option 2 (0.5 per pound)

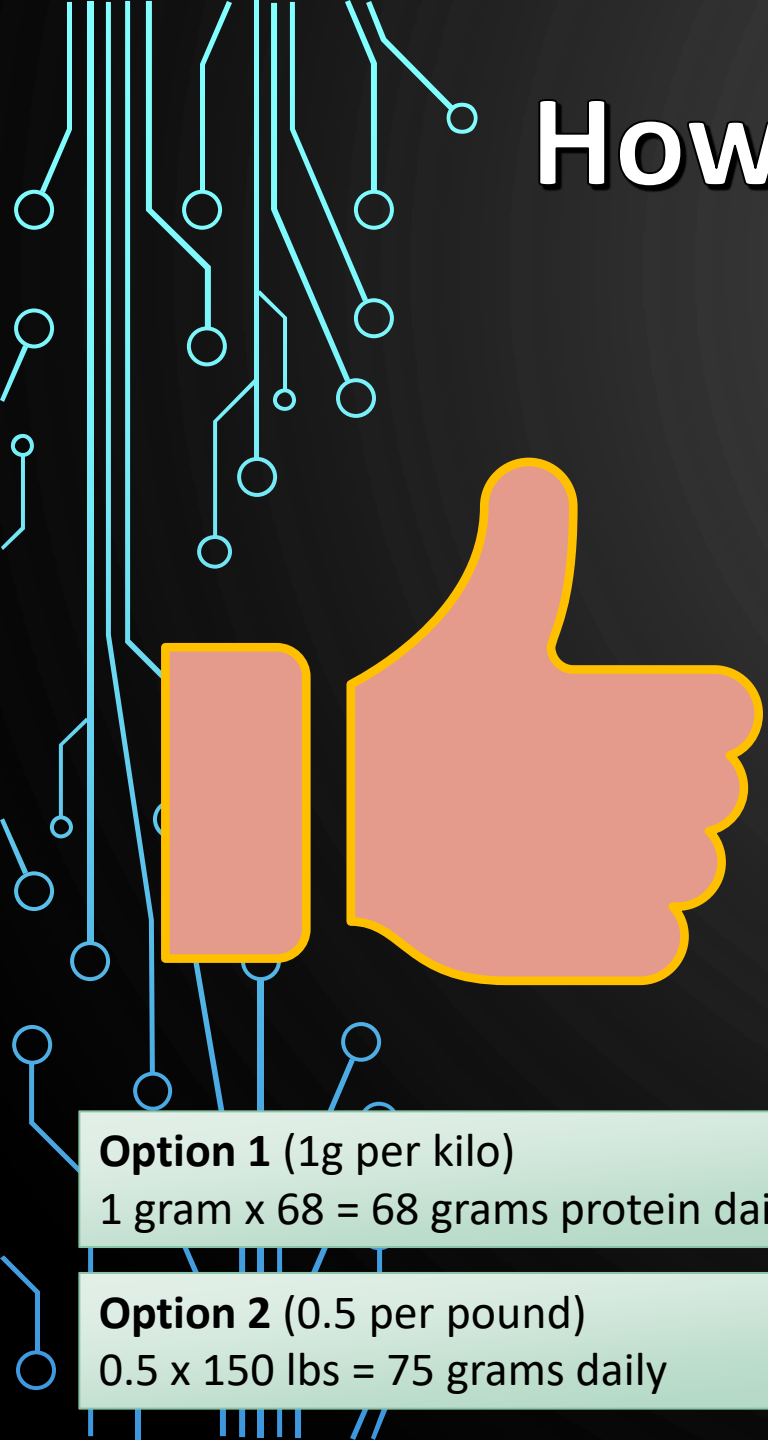
0.5 x 150 lbs = 75 grams daily

Option 1

The industry average is 1 gram of protein for every 1 kilo you weigh. Some say this is barely enough.

Option 2

Others recommend 0.5 grams for every *pound* you weigh... on a person weighing 150lbs or 68 kilos:



Quality of Protein

But I believe the most important thing we need to attend to is the **quality** of the protein, rather than the quantity.



We need to shun all processed protein foods. If you must eat them, make sure it is only 'very occasionally'.
Your body will thank you for it.



Quality of Protein

**Taken directly off the
Cancer Council
(Australia's website):**

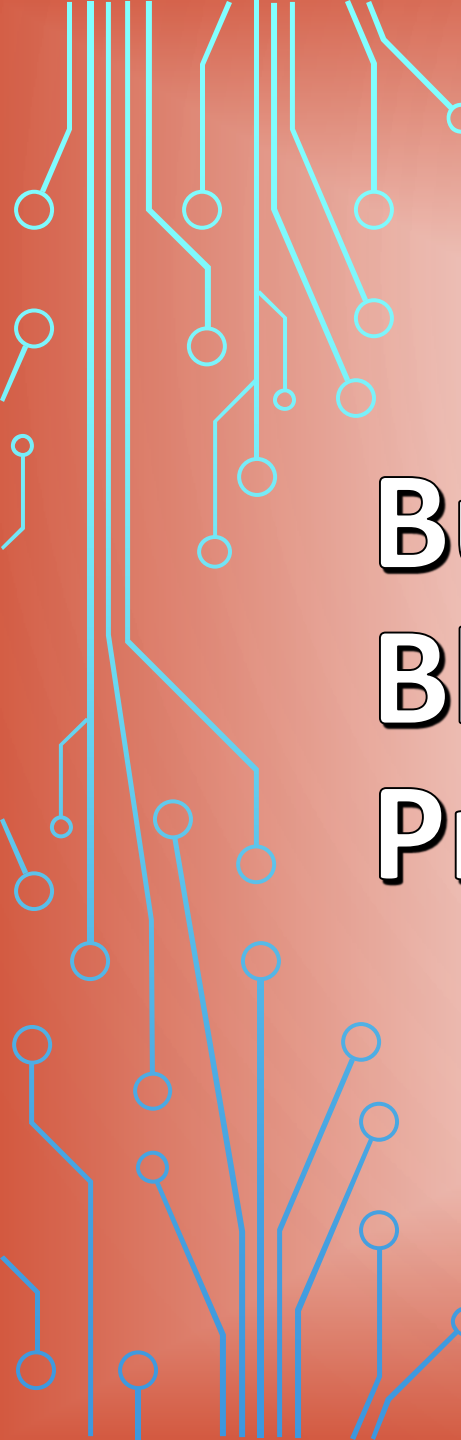
“Did you know that eating more than 700 grams (raw weight) of red meat a week increases your risk of bowel cancer?

Or that the risk of developing bowel cancer goes up 1.18 times for every 50 grams of processed meat eaten per day?

The World Health Organization has classified processed meats including ham, bacon, salami and Frankfurt's as a Group 1 carcinogen (known to cause cancer) which means that there's strong evidence that processed meats cause cancer. Eating processed meat increases your risk of bowel and stomach cancer.

Red meat, such as beef, lamb and pork, has been classified as a Group 2A carcinogen which means it probably causes cancer.

Did you know if you've had cancer, maintaining a healthy diet can help prevent it from coming back?”



Building Blocks of Protein

There are **22 Essential Amino Acids**

Scientists have identified 13 that our body can manufacture but the other 9 **MUST** come from our food.

They have strange names... it's not important for you to know or remember them, but they are tucked comfortably away within high quality protein foods.



Building Blocks of Protein

The building blocks of protein are called 'amino acids' of which there are many different kinds.

Without these amino acids (or building blocks as we are calling them) our bodies are unable to build the proteins required... maybe growing your fingernail or a new eyelash!

Remember, in our body, everything is made out of protein... which is constructed using at least 22 amino acid types.



Two Types of Protein

As these 9 amino acids cannot be stockpiled within our body, we **MUST** consume them in our daily meals.

It's important to understand that not all proteins are the same.

There are two types:

- Complete proteins (animal food sources)
- Incomplete proteins (plant food sources)

Combining certain plant-based foods will give you a *complete* protein:

- Rice and beans
- Lentils and Barley
- Bulgur with beans or peanut butter on 100% whole wheat bread
- Legumes with nuts and seeds

They do not have to be consumed together or at the same time, but if you can keep track of when you eat them, it's best if they are both eaten on the same day. Personally, I do find that it's easier to eat them together, so I don't have to spend extra brain power on remembering!