

The importance of protein in your diet

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Why should you care about making sure you get enough protein?

Here are a few good reasons:

- Proteins are the basic foundation of the human body. Proteins are complex molecules that are made up of smaller units called amino acids and help build muscle, blood, and internal organs. In fact, hair and nails are mostly made of protein.
- Your body uses it to build and repair tissue.
- You need it to make enzymes, hormones, and other body chemicals.
- It is an important building block of bones, muscles, cartilage, skin and blood but can also be converted by the body to fuel during low to no carbohydrate intakes or low caloric intakes.
- Like carbohydrates and fats, proteins are a "macronutrient", meaning that you need relatively large amounts of it to stay healthy. (Vitamins and minerals, which you only need in small quantities, are called "micronutrients.")

Unlike carbohydrates and fats, your body does not store protein, so it has no reservoir to draw from when you're running low. Protein shakes are a great way to supplement your diet to ensure you're getting the right amount of protein.



THE DAILY REQUIREMENT OF PROTEIN

A large and growing body of research suggests that US government's proposed levels of protein intake are far below what is optimal for optimal health not to mention athletic performance.

Maybe you've wondered how much protein you need each day? In general, it's recommended that 10–35% of your daily calories come from protein but most people could greatly benefit from increasing their protein intake and decreasing carbohydrates consumption.

Below is the Recommended Dietary Allowances (RDA) for:

- Women ages 19 – 70+ 46g (of protein each day)
- Men ages 19 – 70+ 56g (of protein each day)

BENEFITS OF A PROTEIN-ENRICHED DIET

Consuming high-protein foods has many benefits, including:

- Speeding recovery after exercise
- Reducing muscle loss
- Building lean muscle

- Helping you maintain a healthy weight
- **Curbing hunger**

DIFFERENT FORMS OF PROTEINS



Proteins come from a variety of sources including meat, milk, fish, soy and eggs as well as beans, legumes, and nut butters to name just a few. When proteins are digested, they leave behind amino acids, which the human body needs to break down food. A complete protein source is one that provides all of the essential amino acids, you may also hear these sources referred to as “high quality” proteins. Animal-based foods for example: meat, poultry, fish, milk, eggs, and cheese are considered “complete protein” sources.



Whey is a high quality protein source, naturally found in milk it's a “complete protein” and contains all of the amino acids your body needs. In general, proteins derived from animal sources (i.e. milk, eggs & meat) are complete but your body's ability to use the protein varies.



If you are looking for vegan proteins, try Intesti Cleanse. Intesti Cleanse is a "functional food" in the form of a great tasting protein shake designed to help you detoxify the liver, calm inflammation throughout the entire body and help heal leaky gut. Intesti Cleanse features Pure Vegan Protein, Health Naturally's proprietary amino acid and non-gmo pea/rice protein blend. Each serving contains 1200 mg of anti-inflammatory ingredients and other nutrients to support the liver and the gut. It can be used as a daily meal replacement for breakfast, lunch etc. or you can increase the number of shakes per day along with a modified elimination diet for a full detox program. It comes in three tasty flavors: Vanilla/Chocolate/Chai and is suitable for Vegans.



GET YOUR PROTEIN – THE EASY WAY

To help you get the amounts of protein you need: Compare the amount of meat, poultry, fish, eggs, legumes, nuts and seeds you are eating per day to what is recommended by www.ChooseMyPlate.gov.

Choose:

Turkey or chicken with the skin removed, or bison (also called buffalo meat)

Lean cuts of beef or pork, such as round, top sirloin, or tenderloin (trim away any visible fat)

Fish or shellfish (Scallops Salmon, Halibut, Snow Crab)

Other good sources of protein include:

Pinto beans, black beans, kidney beans, lentils, split peas, or garbanzo beans

Nuts and seeds, including almonds, hazelnuts, mixed nuts, peanuts, peanut butter, sunflower seeds, or walnuts



Tofu, tempeh, and other soy protein products

Low-fat dairy products such as yogurt, milk

Supplements: Protein shakes are a great way to supplement your diet to ensure you're getting the right amount of protein.



Wellness Recommended: Protein Plus

Protein Plus was formulated to improve 5 key markers for overall health.

These 5 key markers improve:

- detoxification,
- immunity,
- GI health,
- energy
- weight loss.

Protein Plus features patented and proprietary ingredients including 21 grams of Health Naturally's Pure Vegan Protein Blend, a non-gmo pea/rice protein blend, IgG Concentrate (immunoglobulin protein), Broccoli Seed Extract (SGS- sulforaphane glucosinolate) and Arabinogalactan (a prebiotic). These ingredients work synergistically to bring you optimal health...naturally

About the company:

Health Naturally is a Colorado based functional medicine company focused on providing pharmaceutical grade nutraceuticals at a healthy discount. Over the last 17 years, they realized that

most of the supplements people were taking were ineffective and, in some cases, a waste of time and money. In addition, too often they see an overwhelming amount of people who cannot overcome sickness or achieve optimal health due to several limiting factors. These include education and/or mis-information, time, access to high quality dietary supplements and the costs associated to obtain them.

Health Naturally believes that by providing the body the correct nutritional support you can actually feel well, thrive and live happy versus “surviving” and feeling ill, anxious, tired, stressed and/or unhappy. Many Americans are self-medicating, with alcohol, drugs or caffeine in order to just get through the day. Health Naturally customers understand that optimal wellness is achieved through a balance of nutrition, activity, lifestyle choices and wellness education – they aim to provide the resources to get our customers and community to their ultimate wellness potential.

Learn more at HealthNaturally.com for more information.