

# A Protein-Rich Diet Made Easy

Good news! Those who want to lose weight don't have to compromise taste or nutrition by cutting out entire food groups. Evidence is building that a balanced diet moderately high in protein may be more effective in maintaining muscle mass and burning body fat, largely due to leucine, an amino acid in protein that regulates muscle.

Support for this theory is a result of a study with 24 mid-life, overweight women following a 1,700 calorie diet. After 10 weeks, the women decreasing carbohydrates and increasing protein lost more body fat and maintained more muscle.<sup>1,2</sup> Here's a menu similar to what they ate during the study:

## **Breakfast**

Lean Deli Ham (1 oz.)  
Lowfat Cheddar Cheese (2 oz.)  
Bagel (2 oz., or ½ medium bagel)  
Skim Milk (1 cup)

## **Lunch**

Roast Beef Sandwich  
(3 oz. roast beef, 1 oz. cheese,  
1 slice high-fiber bread, ½ tbsp. mayo)  
Broccoli (2-3 spears)  
Half an Apple

## **Snack**

String Cheese (1 oz.)

## **Dinner**

Marinated Sirloin Steak (6 oz., broiled)  
Baked Potato with Skin (3 oz.) with 1 tbsp. Sour Cream  
Steamed Asparagus (9 spears)  
Fruit Medley (1 cup)  
(watermelon, cantaloupe, strawberries, honeydew, grapes)

## **Snack**

Almonds (12 pieces)

## More Simple Ways to Fuel Your Day With Protein

- **Protein Packed Pita:** Make it grab-and-go by filling a pita with diced Canadian bacon and scrambled eggs.
- **Add-on Favorites:** Top a salad with meat. Make it Mexican with ground beef, Italian with chicken or down-home with grilled steak.
- **Satisfying Snack:** Carry a small pack of nuts, string cheese or beef jerky for a handy snack.
- **Night-time Snack:** Enjoy the evening with a cool glass of milk or half of a protein bar.

1 Layman D, Boileau R, Erickson D, Painter J, Shiue H, Sather C, Christou D. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. *Journal of Nutrition*, 133(2). February, 2003.

2. Layman D, Shiue H, Sather C, Erickson D, Baum J. Increased dietary protein modifies glucose and insulin homeostasis in adult women during weight loss. *Journal of Nutrition*, 133(2). February, 2003.