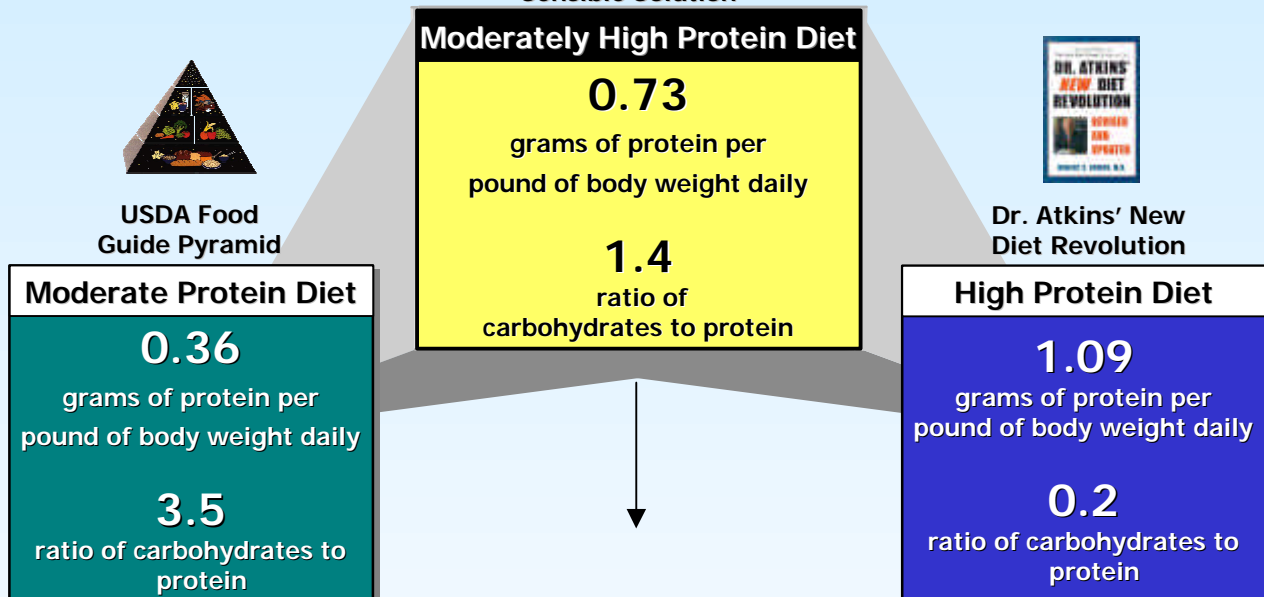


Study Sheds Light on the Protein Mystery: Moderately High Protein Diets May Work Best

Research recently published in the *Journal of Nutrition* suggests that a diet that falls between the protein recommendations of two well-known eating plans may be more effective in maintaining lean muscle mass, which is often compromised during weight loss, and reducing body fat.^{1,2} The reason? Researchers say it may be the amino acid, leucine, which is present in larger amounts in high quality protein foods such as beef and dairy.



Donald K. Layman, Ph.D.
"Sensible Solution"



Making Sense with the "Sensible Solution"

Step 1: Multiply body weight by 0.73 grams of protein. This is how much protein is needed to get the leucine required to maintain muscle mass during weight loss. For example, if a person weighs 180 pounds:

$$0.73 \text{ g/lb} \times 180 \text{ lbs} = 131 \text{ grams of protein per day}$$

Equivalent to eating the following throughout the day:

- 3 servings of meat (1 serving = 3 oz.)
- 3 servings of dairy (1 serving = 1 cup milk or 1 oz. cheese)
- 1 serving of nuts (1 serving = 12 pieces)

Step 2: Multiply the grams of protein from the outcome of the formula above by 1.4 to figure the maximum amount of carbohydrates to eat daily. This carbohydrate/protein balance improves the body's regulation of blood sugar, which helps control weight.

$$131 \text{ grams of protein} \times 1.4 = 183 \text{ grams of carbohydrates per day}$$

Equivalent to eating the following throughout the day:

- 5 servings of vegetables (1 serving = ½ cup cooked veggies or 1 cup mixed green salad)
- 4 servings of whole-grains (1 serving = 1 slice of bread, 1 roll or ½ cup rice)
- 2 servings of fruit (1 serving = ½ cup berries, ½ pear, 1 plum or 1 small apple)

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.