

# HOW IMPORTANT IS PROTEIN?



## What are the benefits of protein?

- Muscle Growth
- Muscle Repair
- Brain Function
- Antibody Production
- Lower Risk of Heart Disease
- Appetite Regulation
- Weight Loss
- Lean Muscle Mass
- Strength
- Lower Risk of Diabetes
- Lower Risk of Obesity
- Improvements in Cholesterol
- Improved Body Composition



## INTERESTING FACTS

- 1** DOMS – Delayed Onset Muscle Soreness – this is what you feel after your workouts. To stop muscles from being sore and to recover quicker it is important to have a high protein diet. This will help your muscles recover for you to be able to train again. This will help your progress.
- 2** Protein has a higher thermic effect. This means that the body burns more calories digesting protein than it does when it is digesting fats and carbs.
- 3** You don't always need the scales to change or go down when you are dieting to see a difference in your body shape. High protein diets will build and keep your lean muscle mass. This is what people are looking for when they say they want to "tone"



## PROTEIN SOURCES

- Chicken
- Turkey
- All Meat
- Fish
- Quorn
- Eggs
- Egg Whites
- Greek Yogurt
- Cottage Cheese
- Protein Powder
- Low Fat Milk
- Halo Top Ice Cream
- Black Bean Spaghetti
- Red Lentils
- Turkey Medallions
- Sausages
- Protein Yogurts – Aldi, Lidl and Tesco all have them

[Has this made you want to eat more protein now?](#)