



Protein - Helpful tips to losing weight and gaining muscle

Protein is a macronutrient found in meat, fish, chicken, legumes, lentils, tofu, tempeh, nuts and seeds. Protein is required for good health. It helps to build your hair, nails and, most importantly, your muscles.

Myths About Protein	Facts About Protein
Eating Foods Rich in Protein will cause you to put on fat.	Eating Foods Rich in Protein will help you to put on muscle (which weighs more than fat). Some Foods high in protein such as nuts and seeds should be consumed in smaller amounts because they do have some 'good' fat in them.
If you are a vegetarian, just eat more rice, pasta and vegetables (carb's) to fill you up.	If you are a vegetarian, you need to be extremely mindful of non-animal sources of protein. Legumes, Lentils, Tofu, Tempeh, Nuts & Seeds
It doesn't matter how much protein you eat. It isn't of great concern.	Too little protein & you will start to loose muscle. Your hair can start falling out too. Too much protein puts a strain on your kidneys' and you start to excrete calcium.

How can Protein Help Me Loose Weight?

Eating more protein, along with weight bearing exercise will increase your muscle. Muscle actually weighs more than fat...so your scales may stay the same or increase, but the more muscle you have on your body, the easier it is for your body to burn up fat. This doesn't have to mean you become the incredible hulk ladies- Just nice and toned!

Declining Muscle and Age.

After the age of 30 we loose 1-2 % of muscle mass every year. This along with a diet that doesn't have enough protein can see you putting on weight (fat) without anything changing. As your Body Changes, so do your Nutritional Requirements. What you ate when you were a teenager, should be different from what you need now.

Change your Eating Habits?

Andrea can help you change your dietary habits and obtain a new and improved way of eating. Andrea tailors changes to your lifestyle needs. Changing the way you eat will give you more energy and vitality along with improved muscle tone and less body fat. Enquire today!

For more information, please contact Andrea.

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