

TONIC

LONDON

DON'T WISH FOR A HEALTHIER BODY. OWN ONE.

25 SEPTEMBER 2017



PROTEIN IS THE JACK-OF-ALL-TRADES IN THE BODY

You already know that eating protein is key when it comes to feeling satisfied with your meals and maintaining a weight loss effort. From repairing muscle to supplying energy, it's key to keeping you going strong. When it comes to the essential nutrients your body needs, protein really does top the list. Below is a list of the best-ever proteins for weight loss across every food category. Whether you're a fan of fish, love your dairy or sticking to a meat-free meal plan, read on to learn the best options for your waistline.

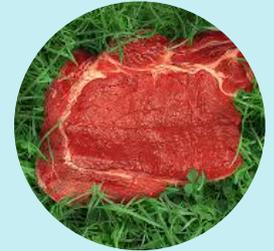
Spinach is a great source of not only protein but also vitamins A and C, antioxidants and heart-healthy folate. One cup of the green superfood has nearly as much protein as a hard-boiled egg. Steaming your spinach instead of eating it raw helps retain vitamins and makes it easier for the body to absorb the green's calcium content.

Low in calories and high in protein greek yogurt sometimes sounds like it's too good to be true. But it's true, the strained yogurt is a real-life diet superstar. One 100-calorie serving can contain up to 18 grams of protein. Not all Greek yogurts are created equal. Several varieties contain almost 20 grams of sugar. Before you buy, check the label.

A cup of green peas contains 8 times the protein of a cup of spinach. And with almost 100% of your daily value of vitamin C in a single cup, they'll help keep your immune system in tip top condition.

A 3 oz. cooked chicken breast contains only 142 calories and 3 grams of fat, but packs a whopping 26 grams of protein, more than half of the day's recommended allowance.

Don't let salmon's relatively high calorie and fat content fool you; studies suggest the oily fish may be one of the best for weight loss. Choose wild salmon over farmed salmon as its leaner.



Grass-fed beef is naturally leaner and has fewer calories than conventional meat.



Canned light tuna is one of the best and most affordable fish for weight loss. One study showed that omega 3 fatty acid supplementation had the profound ability to turn off abdominal fat genes.



Turkey is good source of B vitamins, iron, zinc, and potassium. But best of all its protein content hovers around 29 to 30 grams per 3.5-ounce serving.

A university study found that a 3oz serving of pork tenderloin has slightly less fat than a skinless chicken breast. It has 24 grams of protein and 83 milligrams of waist-whittling choline. Scientists asked 144 overweight people to eat a diet rich in fresh lean pork. After three months, the group saw a significant reduction in waist size, BMI and belly fat with no reduction in muscle mass! They speculate that the amino acid profile of pork protein may contribute to greater fat burning.



Did you know that halibut tops fibre-rich porridge in the satiety department? A study ranked it as the number two most filling food, topped only by boiled potatoes for its fullness factor. Study authors attribute the filling factor of white fish like halibut to its impressive protein content and influence on serotonin, one of the key hormones responsible for appetite signals.

Eggs might just be the easiest, cheapest and most versatile way to up your protein intake. Each 85-calorie egg packs a solid 7 grams of protein! Eggs are also loaded with amino acids, antioxidants, and iron. Don't just reach for the whites, though; the yolks boast a fat-fighting nutrient called choline, so opting for whole eggs can help you trim down.

Beans are good for more than just your heart. They're loaded with proteins, antioxidants, vitamins and minerals that can benefit your brain and muscles, too. Not to mention, they digest very slowly, which can help you feel fuller, longer, and fuel weight loss efforts without causing feelings of deprivation.

One cup of lentils has the protein of three eggs, with less than one gram of fat! Their high fibre content makes them extremely satiating, and studies have shown that they speed fat loss: Spanish researchers found that people whose diets included four weekly servings of legumes lost more weight and improved their cholesterol more than people who didn't. Eat them on their own as a side or simmer them into a soup.

Quinoa is packed with important vitamins and minerals like magnesium, potassium, phosphorus, and folate—plus it's a protein powerhouse. The best part of all? Unlike many other meat-free sources of protein, quinoa has all nine essential amino acids your body needs, making it a "complete" protein.

NUTS ABOUT PROTEIN

A standard two-tablespoon serving of peanut butter provides a solid dose of muscle-building protein and healthy fats. Look for the unsalted, no sugar added varieties without hydrogenated oils to reap the most benefits. Try stirring the spread into hot porridge, put a dollop on a carrot or apple, or blending it into a smoothie.

Cashews are a good source of protein, phosphorus, magnesium, calcium and copper, and shouldn't be overlooked as one of your go-to nuts.

Almonds are rich in the amino acid L-arginine, which can actually help you burn more fat and carbs during workouts.

A handful of raw or dry roasted pumpkin seeds offer a good source of protein, healthy fats, and fibre, keeping you feeling full and energised longer.

Chia seeds contain a substantial amount of protein, as well as brain-boosting omega-3s and plenty of fibre. But that's not all. Chia seeds could give your multivitamin a run for its money; one serving contains iron, calcium, magnesium and zinc.



Cheryl Hicks offers Tonic patients complimentary support with motivation, health and well-being. Drop Cheryl an email on cherylkhicks@me.com for free support and further information.