

THE PROTEIN DIET

Weight loss can occur when daily calorie intake is less than an individual's daily energy expenditure.

If an individual's daily intake of food is not met, the body will compensate by drawing on their own reserves such as fat storage and lean body tissue to maintain its energy requirements.

Since 'dieters' are only concerned with eliminating unwanted fat stores and not lean body tissue, protein supplementation is necessary.

To maintain lean body tissue while on a calorie restricted diet, on average between 80-120 grams of protein is recommended daily.

Protein supplements must contain high quality protein with a proportional ratio of carbohydrates and remain low in overall calories and should contain essential amino acids.

Essential amino acids such as tryptophan (a precursor of serotonin) has been shown to work on the satiety centre of the brain; you will feel full and content.

Protein, like carbohydrates, supplies calories which provide energy. The body however uses more energy to break down protein. Your body will burn more calories converting protein into energy than it would converting simple carbohydrates.

Results : Effective Weight Loss

INTRODUCTION

Our protein products are based on the following principles, namely: a limited intake of sugars and carbohydrates; a balanced intake of protein and vegetable fats in combination with fiber, vitamins and minerals.

Benefits

- Quick weight loss
- Reduction of fat
- Protection of the muscles and skin structure
- Sense of vitality
- Not feeling hungry
- Simple method
- Scientific basis
- Sustainable results

The Protein diet

1. There is a choice of three high protein calorie controlled diets
 - 1000 calorie
 - 1200 calorie
 - 1500 calorie
2. The maintenance plan
 - to keep your weight stable
 - as a supplement
 - after a period of excessive eating
 - to curb hunger pangs



BMI

Body Mass Index (BMI) is an assessment generally used by GPs and health experts to determine if a person is underweight, overweight or within a healthy weight range.

BMI Ranges, what do they mean

Experts generally consider:

BMI **below 20** to be **underweight**

BMI **20 to 25** to be **healthy**

BMI **25 to 30** are generally considered **overweight**

BMI **over 30** is considered **very overweight**

How to calculate your BMI

Divide your weight in kilos by the square of your height in metres.

For example: $55 \text{ kg} \div 1.55^2 = 55 \div 2.4025 = \mathbf{22.9}$

$95 \text{ kg} \div 1.8^2 = 95 \div 3.24 = \mathbf{29.3}$

It is also possible to find your BMI using imperial measures:

Weight in pounds x 704 divided by height in inches squared.

For example: $126 \times 704 \div 62^2 = 88704 \div 3844 = \mathbf{23.1}$

THE CONTRA-INDICATIONS

The Protein diet is a safe and proven method of weight loss but if you suffer from any of the conditions below we would always suggest you consult with your GP before embarking on any restricted diet.

- Insulin dependant diabetes
- Renal Failure
- Heart failure
- Pregnant women and during breast feeding
- Taking anti biotics
- Age extremes - under 18 over 70

DIET PREPARATION

At this point you will have established how much weight you wish to lose. It is suggested that you start with a 1500 calorie diet for at least two weeks before being re-assessed by your consultant.

To get the best results from the diet it is necessary to keep the absorption of sugars to a minimum. These refined sugars (carbohydrates) mainly come from bread, pasta, pulses, rice and potatoes.

Preparation

It is important to begin your diet when your diary is free of party, holiday and festive engagements. In time you will be able to incorporate these with your diet but for the first few days it is probably better to concentrate on the diet.

If possible remove any foods that you may feel tempted to eat such as crisps, biscuits and processed meat products.

Buy in the basic products for your evening meals such as chicken, fish and plenty of vegetables.

You may wish to prepare some food in advance such as some home made vegetable soup or home-made tomato / vegetable sauce to go with your evening meal.



NUTRITION PLAN 1000 CALORIES

Daily Recommendations

- 8-10 glasses of water
- 2 Protein shakes or oatmeal
- 1 Chocolate/yogurt-coated bar
- 1 Serving of fruit
- 1 Serving of meat/poultry
- 1 Complete Multi VM 75
- 1 Protein meal or soup
- 1 Protein pudding
- 3 Serving of vegetables



Meal Plan

Breakfast

1 Protein Shake or Oatmeal 100 calories
1 Complete Multi VM 75

100 calories

Mid-morning snack

1 Protein bar 170 calories

170 calories

Lunch

1 Hot Meal 110 calories
1 Serving of Vegetables 25 calories
1 Serving of Fruit 80 calories

215 calories

Mid-afternoon snack

1 Protein Shake 95 calories

95 calories

Dinner

2 Servings of Vegetables 50 calories
1 Serving of Meat/Poultry 270 calories

320 calories

After-dinner snack

1 Protein Pudding 100 calories

100 calories

Sip water throughout the day to equal 8-10 glasses

Total Calorie Intake 1000 calories

WHAT IS A SERVING?

1 Glass of water

= 250mL

= 8 fluid oz.

1 Fruit

= a medium-sized fruit

= 4 oz.

= 115 grams

1 Vegetable

(steamed, baked, grilled or raw)

= 4oz.

= 115 grams

1 Meat/Poultry

= 3oz. lean beef or pork, cooked

= 5 oz. cooked poultry

NUTRITION PLAN 1200 CALORIES

Daily Recommendations

- 8-10 glasses of water
- 1 Cereal bar
- 1 Protein meal or soup
- 2 servings of fruit
- 1 serving of meat/poultry
- 1 Complete Multi VM 75
- 4 Protein shakes or oatmeal
- 1 Chocolate/yogurt-coated bar
- 3 Serving of vegetables

Meal Plan

Breakfast

1 Protein Shake or Oatmeal	100 calories
1 Cereal Bar	150 calories
1 Serving of Fruit	80 calories
1 Complete Multi VM 75	
	<hr/>
	330 calories

Mid-morning snack

1 Protein Shake	100 calories
	<hr/>
	100 calories

Lunch

1 Protein Meal or Soup	120 calories
1 Protein Shake	100 calories
1 Serving of Vegetables	25 calories
	<hr/>
	245 calories

Mid-afternoon snack

1 Protein bar	170 calories
	<hr/>
	170 calories

Dinner

2 Servings of Vegetables	50 calories
1 Serving of Meat/Poultry	225 calories
	<hr/>
	275 calories

After-dinner snack

1 Serving of Fruit	80 calories
	<hr/>
	80 calories

Sip water throughout the day to equal 8-10 glasses

Total Calorie Intake 1200 calories

WHAT IS A SERVING?

1 Glass of water

= 250mL

= 8 fluid oz.

1 Fruit

= a medium-sized fruit

= 4 oz.

= 115 grams

1 Vegetable

(steamed, baked, grilled or raw)

= 4oz.

= 115 grams

1 Meat/Poultry

= 3oz. lean beef or pork, cooked

= 5 oz. cooked poultry



NUTRITION PLAN 1500 CALORIES

Daily Recommendations

- 8-10 glasses of water
- 2 Protein bars
- 1 Protein meal or soup
- 2 servings of fruit
- 1½ serving of meat/poultry
- 1 Complete Multi VM 75
- 3 Protein shakes or oatmeal
- 1 protein pudding
- 5 serving of vegetables

Meal Plan

Breakfast

1 Protein Shake or Oatmeal	110 calories
1 Protein Cereal Bar	150 calories
1 Serving of Fruit	80 calories
1 Complete Multi VM 75	
	<hr/>
	340 calories

Mid-morning snack

1 Protein Bar	170 calories
	<hr/>
	170 calories

Lunch

1 Protein Meal or Soup	120 calories
1 Protein Shake	100 calories
2 Serving of Vegetables	50 calories
	<hr/>
	245 calories

Mid-afternoon snack

1 Protein Bar	170 calories
	<hr/>
	170 calories

Dinner

2 Servings of Vegetables	50 calories
1½ Serving of Meat/Poultry	345 calories
1 Serving of Fruit	80 calories
	<hr/>
	475 calories

After-dinner snack

1 Protein Pudding	100 calories
	<hr/>
	100 calories

Sip water throughout the day to equal 8-10 glasses

Total Calorie Intake 1500 calories

WHAT IS A SERVING?

1 Glass of water

= 250mL

= 8 fluid oz.

1 Fruit

= a medium-sized fruit

= 4 oz.

= 115 grams

1 Vegetable

(steamed, baked, grilled or raw)

= 4oz.

= 115 grams

1 Meat/Poultry

= 3oz. lean beef or pork, cooked

= 5 oz. cooked poultry

MAINTENANCE

Once you have reached your ideal weight it is important not to revert back to bad habits and to over-eating. By using the same ideas in the diet of consuming good quality protein, regularly through out the day you should now introduce more carbohydrates into your diet.

Basic Rules

- Take a minimum of one protein supplement a day
Ideally between mealtime, i.e. 11am or 4pm
- Introduce cereal and dairy products
- All fruit and vegetables may be consumed
Eat at least 200gm of vegetables a day
- Do not skip any meals
- Drink a minimum of 1.5 litres a day
- Variation in your diet is extremely important



Example Meal Plan

BREAKFAST	<ul style="list-style-type: none"> - 1 milk product e.g. yoghurt, 2 slices whole meal toast plus small amount of butter Or - Serving of sugar free cereal or porridge with semi skimmed milk, 1 piece of fruit
MORNING SNACK	- 1 protein supplement
LUNCH	<ul style="list-style-type: none"> - 1 slice wholemeal bread plus protein e.g. chicken, tuna, egg, with vegetables or salad Or - 1 small baked potato, with fresh or tinned tuna Or - Chicken with vegetables or salad, Fruit
AFTERNOON SNACK	- 1 protein supplement
EVENING MEAL	<ul style="list-style-type: none"> - Home made soup - Stir fry with chicken or prawns with mixed vegetables Or - Beef and vegetable stew, Fruit salad

NOTE Foods high in Carbohydrates should be limited to no more than 100gm per day
1 Large baked potato 100gm wholemeal pasta 100gm brown rice

FOODS

Vegetables to be eaten freely	Fruits to be eaten freely	Protein choices	Dairy choices	Drink Choices
artichokes	apples	eggs 2	low fat cottage cheese	coffee unsweetened
asparagus	apricots (fresh)	lean beef 150gm	low fat live natural yogurt	tea unsweetened
broccoli	blackberries	oily fish 175gm e.g. mackerel, salmon, tuna	hard cheeses 25-50gms	sugar free soft drinks
brussels sprouts	blueberries	pork loin 150gm		water
carrots	cherries	quorn 150gm		
cabbage	cranberries	shell fish 200gm e.g. crab, prawns		
cauliflower	grapes	skinless chicken 150gm		
celery	grapefruit	skinless turkey 150gm		
cucumber	lemon	tofu 150gm		
greens	lime	veal 150gm		
kale	mango	white fish 200gm e.g. cod, haddock, plaice		
leeks	oranges			
mushrooms	pears			
onions	plums			
pak choi	peaches			
peppers red/ green	pineapple			
spinach	strawberries			
tomatoes	tangerines			

FOODS

Vegetables to be eaten in moderation	Pulses to be eaten in moderation	Nuts to be eaten in moderation	Cooking Oils in moderation	Cereal to be eaten in moderation
avacado	chick peas	almonds	olive	oats
beetroot	haricot beans	brazil	sesame	barley
olives	kidney beans	cashews	vegetable	brown rice
poatoes	lentils	hazelnuts		couscous
peas	soya beans	macadamia		oat biscuits
parsnips		unsalted peanuts		wholegrain rye bread
pumpkins		pine nuts		
swede		pumpkin seeds		
sweet potato		sunflower seeds		
		walnuts		

Fruits to be avoided	Protein choices to be avoided	Dairy to be avoided	Foods to be avoided	Drinks to avoid
bananas	bacon	butter	bread	alcohol
dried fruit	ham	cream	biscuits	fruit juices
figs	processed meats	full fat yogurt	breakfast cereals	sugary drinks
prunes		full fat milk	muffins	
			pasta	
			white rice	

COOKING METHODS

Some methods of cooking and preparing foods are better than others for preserving the nutrient and water levels. Vitamin C and all the B vitamins are water soluble and can be easily lost during intense cooking.

Steaming Steaming is perhaps the most efficient way of preserving nutrients. Dense vegetables such as carrots and broccoli usually take about five minutes, whilst leaves such as spinach take less than a minute to cook. Steaming fish usually takes about ten minutes and may be flavoured with ginger, lemon or other fragrant herbs.

Boiling Boiling vegetables destroys approximately 40 per cent of B vitamins and 70 per cent of vitamin C. If you are boiling vegetables, do so for the minimum length of time using only a small amount of water.

Stir Frying If the food is cooked quickly and moved around all the time the damage to nutrients is minimized. The amount of oil should be kept to a minimum. Try adding a tablespoon of soy sauce to the oil as it heats up. The liquid will stop the oil from burning and will add flavour to the food.

Stewing & Soups Stewing foods in casseroles and soups, ensures that the cooking liquid is eaten as well as the original food. The advantage of stewed foods is that they are cooked slowly, usually at below boiling point so it does not destroy the nutrient content greatly. Stewing also makes protein foods more digestible and tender. Stewing is also ideal for some fruits such as blackberries and apples.

Roasting Roasting meats, poultry and vegetables is a popular way to prepare foods. The higher the temperature and the longer the food is cooked the higher the nutrient loss.

Grilling & Barbecuing This is a good way of cooking protein foods such as meats and fish. Ensure the BBQ is very hot and the coals are white with no flames.

GENERAL RECOMMENDATIONS

- Drink at least 1.5 litres of water per day, preferably not with meals. You may also drink herbal tea, green tea, coffee and sugar free drinks.
- Eat a good variety of fruit and vegetables daily.
- Try using fresh or dried herbs and spices to add interest to your meals.
- If you do not have fresh products you can use frozen products. When cooking vegetables if possible try to cook by steaming as less vitamins are lost by this method.
- The 'unhealthy carbs' to avoid. Biscuits, cakes, confectionery, sugary drinks and ice cream ...
- The 'healthy carbohydrates' to consume. They have a long glycemic index and contain mainly complex sugars, including pasta, rice, semolina, peel fruits, cereals, bread, corn, peas, fresh fruit ... It is best to consume these complex sugars in the form of whole-wheat products such as wholemeal bread, whole-wheat pasta and brown rice, ...
- The 'bad fats' to be avoided are processed meats, fatty cheeses, sauces, animal fats (cream, butter, whole milk, ...)
- The 'good fats' to consume: olive oil, oily fish, low fat cheese (25-45%), yogurt.
- Do not eat between meals and do not skip meals!
- It is only natural that there will be days when you are unable to stick to the diet or you simply have a 'bad day'. It is important to return to your diet plan the next day and not to let your hard work go to waste.
- It is recommended that you should take some exercise; if possible a minimum of 30mins 3 times a week. Depending on your fitness level this could be swimming, jogging, an aerobic class or a brisk walk.

