

KWS Keeping WOMEN Strong

The Power of Protein

Builds - Repairs - Maintains

Whether your goal is to improve your mental and physical health, boost energy and performance, build muscle, burn fat, cut cravings for sugar, age more youthfully or just get into better shape, it's essential that you eat enough protein every day at each meal. The right quality, quantity and timing is the foundation to life.

Protein:

- is the second most plentiful substance in your body (after water) and makes up around 20% of your total weight.
- makes everything on and in your body i.e. skin, fingernails, hair, brain, internal organs, teeth, muscle, antibodies, hormones, enzymes, DNA, fat burning enzymes and vitamins etc.
- repairs and protects your DNA from damage, maintains the integrity and strength of your intestinal wall and keeps your immune system strong.
- repairs every cell and tissue of your body and sustains your lean muscle mass.
- is important for weight loss because it is the building block for muscles. The more muscle you have the faster your metabolism i.e. the faster you burn through food and fat. The way to gain more muscle is to do resistance training, eat enough quality protein throughout the day at each meal, and get enough rest.

Note: too much protein at the wrong time of the day can turn to fat.

Your Requirement for protein increases as you age, and in times of mental or physical stress, illness, after surgery to assist healing, pregnancy and when breast feeding.

Animal Protein:

Lean, non-fat or low-fat Chicken or Turkey breast, Fish, Shellfish, Eggs, Red meats, Whey-based protein powders (Dairy Foods: only if tolerated. Very common allergy foods depending on the source and processing)

Vegetable Protein:

Single vegetable proteins are not complete proteins. To obtain complete protein, combinations of vegetable protein sources need to be eaten in the same meal. Calculate carefully. Complete proteins are essential for optimum health. E.g. combine 1, 2, 3 or 4 in at least 2 combinations in the same meal.

E.g. 1. Lentils and 2. Brown Rice or 1. Rye and 2. Hummus made from Chickpeas or 3. Nuts and 4. Seeds or 2. Millet & 3. Walnuts etc

1. Legume: Kidney, Chickpea, Lentil, Soy Milk or Soy Powder, Soy Bean, Tofu, B/Beans, etc

2. Grains: Millet, Rice, Rye, Oats, Barley (Wheat only if tolerated: very common allergy food)

3. Nuts: Almonds, Walnut, Pecan, Brazil (peanuts with caution) etc

4. Seeds: Sunflower, Pumpkin, Linseed, Sesame, Tahini, Chia, Hemp, LSA, (linseed, sunflower and almond blend) etc

* Note: Nuts and seeds are a key source of essential fats and oils which also makes them a high energy food. If weight loss is your goal limit these as a key form of protein as if not burnt as energy they will store as fat.

Protein Calculation

It is very important that you spread your protein requirement evenly throughout the day. (especially eat protein at breakfast) This will assist to stabilize your metabolism (weight control), energy levels, work out performance and recovery, sugar levels, mood swings, sleep quality and cravings.

Your daily protein requirement needs to be calculated on your (IBW) **IDEAL BODY WEIGHT** for your height, age, gender and activity level. NB: Please check a height weight chart for your approximate Ideal Body Weight or consult a Weight Management Specialist or your Health Consultant, or Personal Trainer for your daily protein needs.

Guidelines to Daily Protein Intake:

1-3 Years	1.78 gm per kg	65+	1.3+
4-6	1.5	Recreational Exercise	1.3+
7-10	1.2	Endurance athletes	1.3-1.6+
11- 18	1+	Strength athletes	1.3-1.8+
19+	1+	Speed athletes	1.3-1.8+
Pregnant	1.36	(Depends on workout intensity)	
Lactating	1.2+		

Food Protein Amounts

Check nutrition panel on packaged foods for exact Protein amounts

Eat fresh, chemical free, REAL FOOD where possible

	Amount / Weight	Protein
Fish	100gm	22g
Tuna	100gm	30g
Salmon	100gm	20g
Chicken	100gm	27g
Red Meat	100gm	26g
Egg	1	6g
White	1	3g
Yolk	1	3g
Milk	1 cup (low fat)	8g
Soy Milk	1 cup	8g
Yoghurt	½ cup (low fat/skim)	7g
Cottage Cheese	½ cup (low fat/skim)	15g
Ricotta Cheese	½ cup	19g
Cheese	30gm (low fat)	6-7g
Beans - e.g. kidney, Chickpea, lentil, lima etc..	100g	16-20g
Baked Beans	100g	6g
Tofu	100gm	8g
Soy beans	100g	36g
Rice	100g (brown)	2.3g
Millet	100g	3.5g
Oats	100g	16g
Bread	x 2 (whole meal)	5g
Pita Bread	x 1 (whole meal)	6g
Spaghetti / Pasta	100g (whole meal)	5g
* Nuts and Seeds almonds, sunflower, pumpkin, walnut, linseed etc.	8 almonds raw 7 walnuts raw 6 brazil raw	2g 4g 4g
Isagenix Isa Lean Meal	2 Scoops/1 sachet	24g
Isagenix Dairy Free	1 sachet	24g
Isagenix Isa Pro	1 1/2 scoops	27g
Isagenix Isa Lean PRO	1 sachet	36g

Isagenix IsaLean Shakes are a high-quality whey-based protein+ high quality nutrition meal. Just add purified water and maybe a little ice and you have a whey-packed, protein-rich infusion that contains all the nutrients, trace minerals and complex amino acids you need. Along with digestives enzymes, daily probiotics, essential fatty acids and complex carbohydrates they are a perfectly balanced meal. More nutrition than you could ever put on a plate. Convenient for busy, hardworking and stressed people who also workout and want to age youthfully and strongly at every age and stage.

Helen Frost: Health Director

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Excellent Reference: [https://longevity.stanford.edu/lifestyle/2024/01/23/protein-needs-for-adults-50/#:~:text=Oppezzo..consuming%20protein\)%20to%20build.%E2%80%9D](https://longevity.stanford.edu/lifestyle/2024/01/23/protein-needs-for-adults-50/#:~:text=Oppezzo..consuming%20protein)%20to%20build.%E2%80%9D)

Protein reference: Nutrition Almanac- Lavon J Dunne. Amounts may vary with different references

