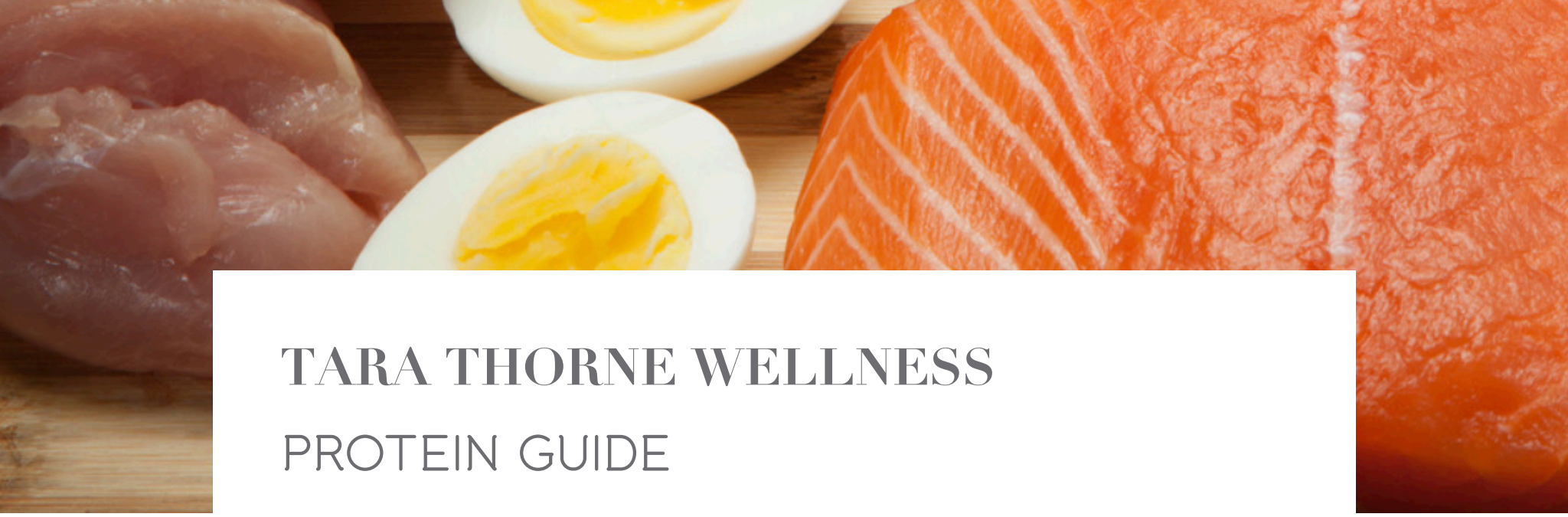
TARA THORNE WELLNESS

PROTEIN GUIDE



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The truth is, you're likely not eating enough protein. I see this in the women I work with time and time again. You may *think* you're eating plenty of protein but I challenge you to start tracking and see what you're hitting. If you're not hitting 100 grams per day, you're not eating enough, (unless you weigh less than 100 lbs). Why should we care about how much protein we're eating on a daily basis?

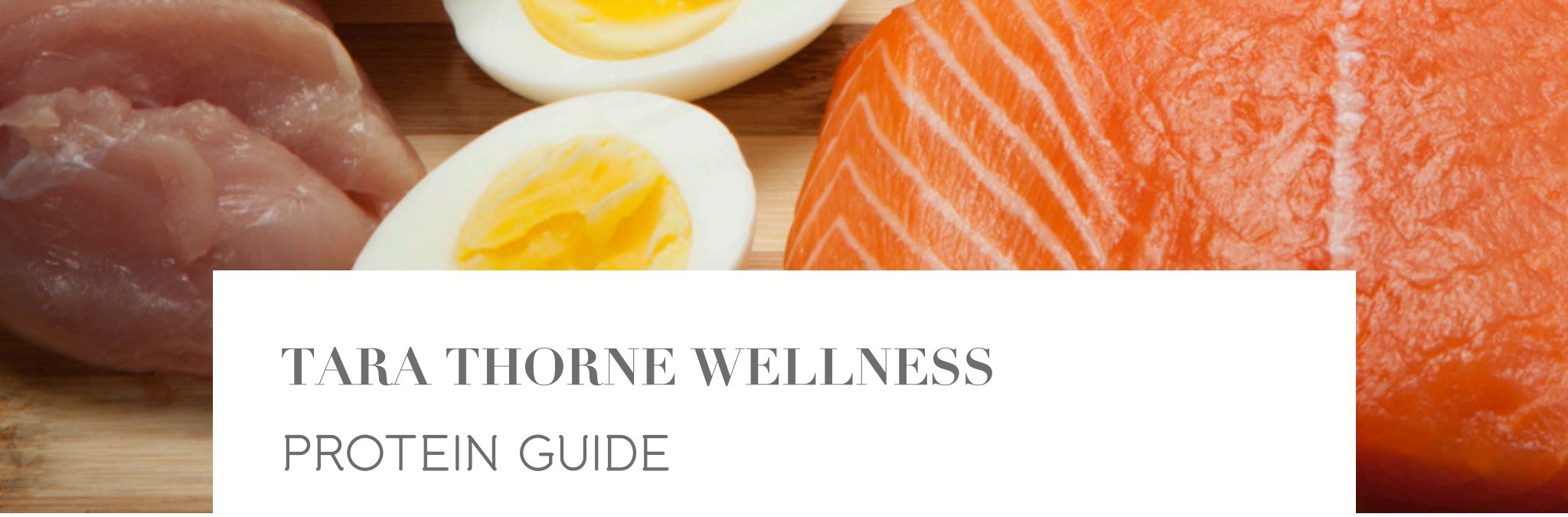
WHY EATING MORE PROTEIN IS SO IMPORTANT

When you start to eat ample protein these are the types of things you may notice:

- *Improved mood*
- *No more anxiety*
- *Better sleep*
- *Better stress tolerance*
- *No more PMS*
- *No more sweet cravings*
- *Potentially weight loss (if needed)*
- *Muscle gain (this becomes vitally important as we age as muscle is metabolically active and a tissue of longevity)*

HOW MUCH PROTEIN SHOULD YOU BE EATING?

The daily recommended intake, (RDI) for protein was based on nitrogen balance studies done in young adults. These types of studies are adequate to define protein intake for healthy growth in children, (many studies weren't done on the elderly, nor on women) and to prevent protein malnutrition in adults, but they are not appropriate for older adults and they do not take into consideration all the varying factors of ageing and metabolic dysfunction that comes along with ageing therefore, the RDI is far too low for optimal health.



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The RDI suggests a protein intake that takes care of basic tissue repair and keeps you alive, but it doesn't take into account quality of life or active lifestyles or those who want to do their best to prevent chronic disease states. Subsequently, the RDI for protein has been reviewed and found to be inadequate for older adults. This is in part due to anabolic resistance.

ANABOLIC RESISTANCE

Anabolic resistance is when we are no longer able to build, (synthesise) muscle as we age like we did when we were younger. And when we suffer from anabolic resistance, (which occurs in everyone as we age), we need *more protein,* and *more weight bearing exercise* to make up the difference. Unfortunately, as we age many people become less active and eat less, but this is the exact opposite of what we want to do if we want to stay healthy.

As we age we also lose our sensitivity to muscle protein synthesis - this is *anabolic resistance.* We lose our ability to effectively build, (synthesise) muscle.

There are only two ways we can build muscle:

1. Weight bearing exercise
2. Eating good quality protein, (and enough of it)

Unfortunately, as we age our gut atrophies, our digestive function declines, and - due to sluggish digestion - we are less likely to consume adequate food - in particular protein. Studies have shown older people 51 + don't even get anywhere near the RDI as it stands.

Additionally, if we have sluggish digestion we can't even break apart the protein we consume into it's various amino acid components, so we can't effectively use these amino acids for all their wonderful functions in the body such as energy production, neurotransmitter production, and SO much more.

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Working to optimise digestion as we age is crucial. I often say that one supplement, (amongst many) that should be made available in all old-age care facilities is stomach acid because as we age stomach acid declines, (this is called *gastropause* in the research). Gastropause can start early – even in our 30's.

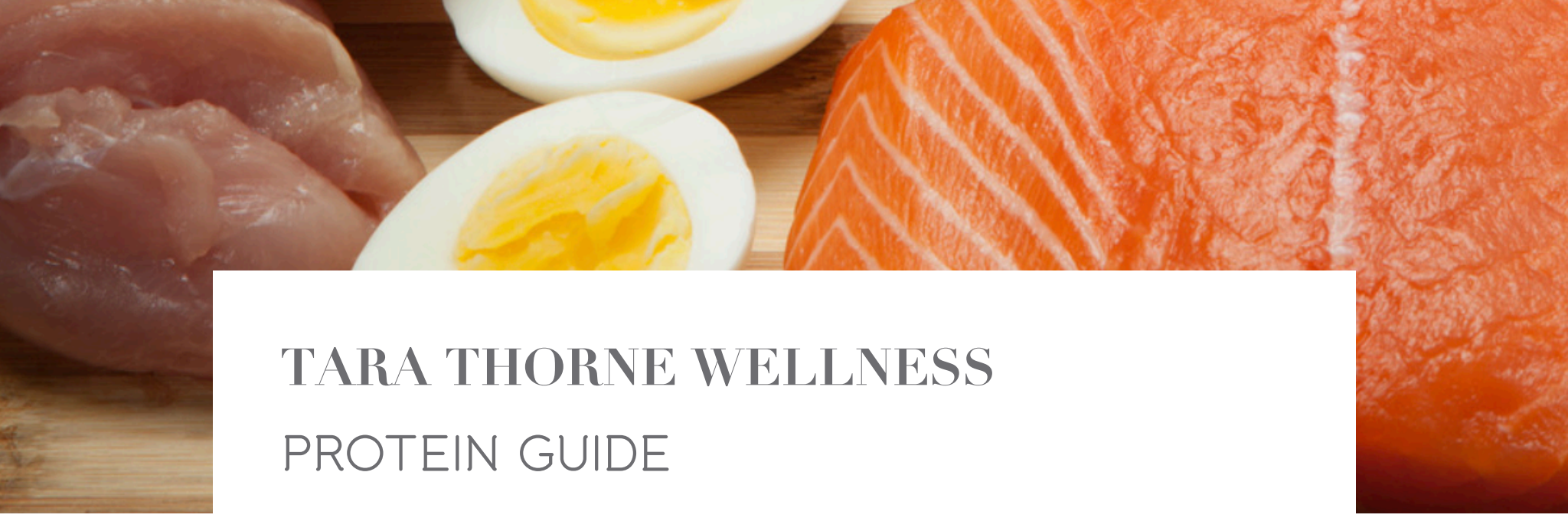
In a nutshell, as we age, how much protein we eat and the physical activity we do needs to *increase* not decrease, and yet the opposite is usually true as we age.

Other things can down-regulate muscle protein synthesis, (MPS) too including overnight fasting/fasting, over-exercising, and acute bed rest. When MPS is down-regulated the composition of your next meal is very important in order to optimise MPS. This is why breakfast is so important, which I'll go into later.

So how much protein should you aim for? The rule of thumb is to start by ensuring every meal contains 30 grams of protein. This is a starting point. But an optimal amount for someone who's active, which you should be if you care about your health, is between 0.8 – 1 gram of protein per pound of ideal body weight, with 30-50 g of protein per meal is the sweet spot for muscle protein synthesis.

Other metabolic responses, such as appetite regulation and thermogenesis, also appear to be optimised with protein intakes in the 30 to 50 grams per meal range.

In a perfect world you would be eating 1 gram of protein per pound of your ideal body weight, (and be active). This can be hard for some at first, so I suggest you start by focusing on consuming 100 grams of protein per day.



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AREN'T HIGH PROTEIN DIETS DANGEROUS?

Bone loss and damage to the kidneys are often cited as downsides to consuming more protein, but there is no evidence for these and in fact, increased protein intake has been shown to be protective of bone health, especially when you have adequate minerals.

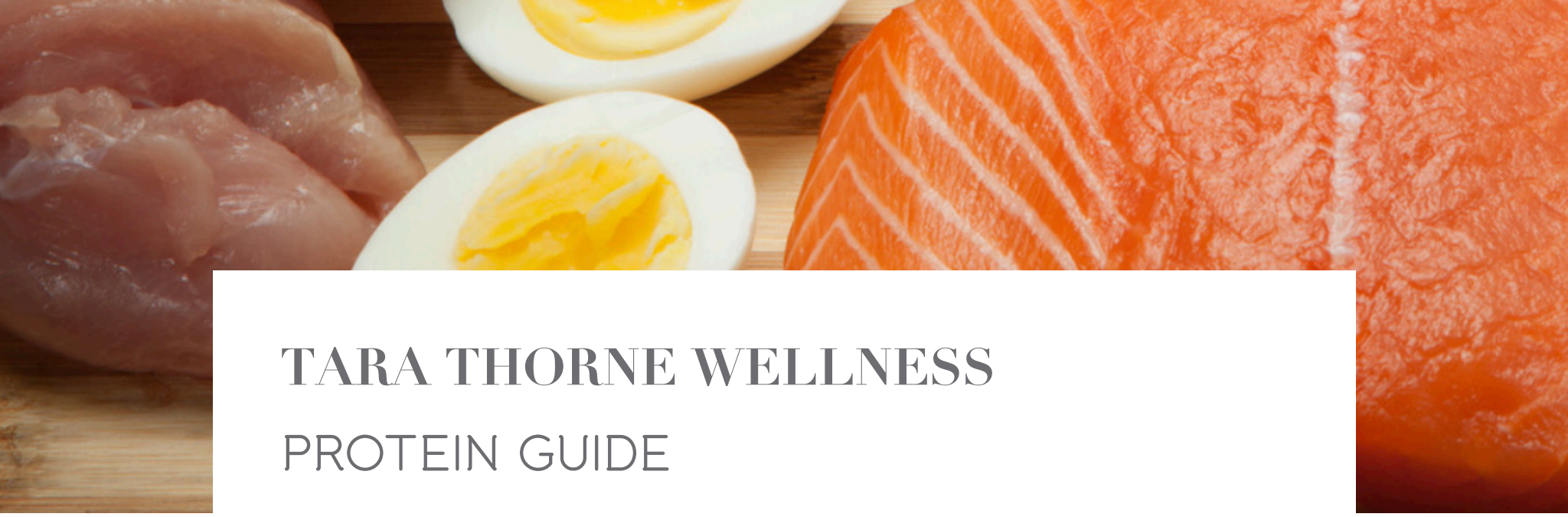
Minerals are everything to your bones, but it's not as simple as throwing calcium at the issue. We need to balance minerals appropriately and keep them in the right ratios with one another. For example, calcium can shuttle into the soft tissue where it can be very dangerous. To ensure this doesn't happen we need adequate magnesium, sodium, potassium, and we shouldn't be drowning ourselves in vitamin D. This is why I suggest everyone do a HTMA at least once or twice yearly. Mineral balance is *imperative* and everyone's minerals are out of balance to some degree or another this day and age.

Interventional studies show no decline in renal function in those consuming higher vs. lower protein diets. In fact, a higher protein intake in those aged 65 years + is associated with a reduction in cancer-related mortality.

So unless you are really over-doing the protein intake, far beyond what I have suggested in this document, then you probably aren't going to do yourself any damage. But of course, as always, check with your doctor if you are concerned or have any kidney or medical issues before changing your diet.

WHY WE LOVE LEUCINE SO MUCH

Leucine is the star of the show when it comes to muscle protein synthesis. It's the key signal that stimulates MPS. And the amount of leucine needed to build muscle and prevent age-related muscle loss is higher than the current recommended daily amount.



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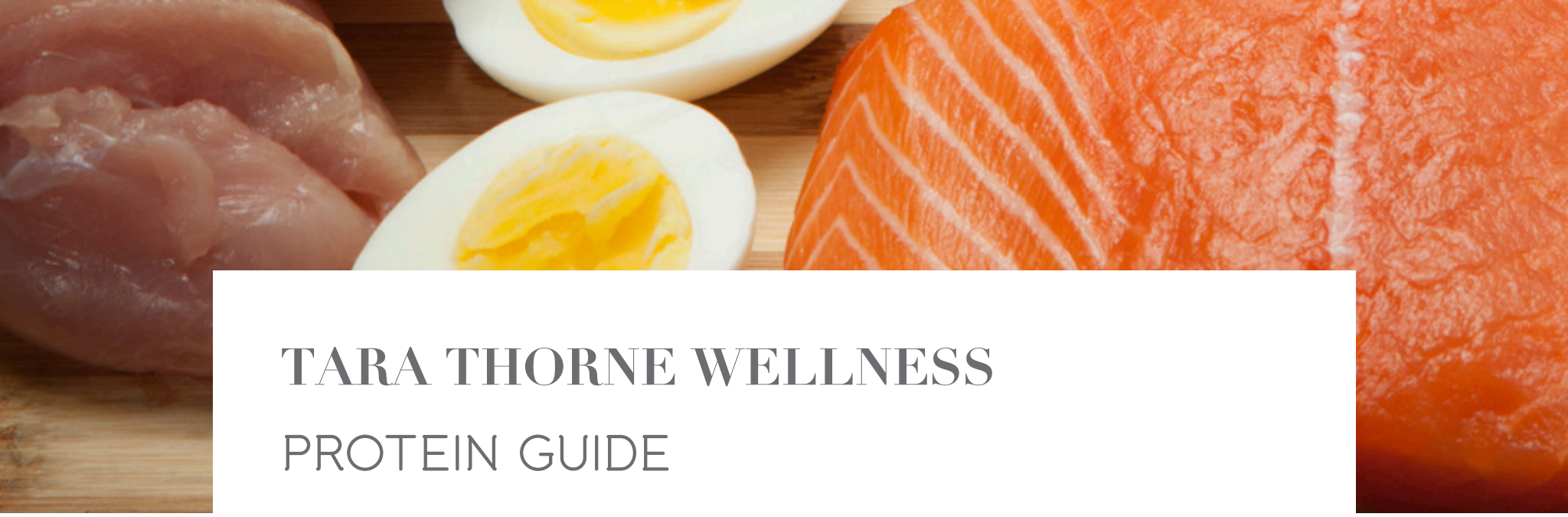
Studies suggest that adults need at least 2.5 – 3 grams of leucine per meal, for a total of at least 8 – 9 grams of leucine per day. Now, don't worry, if you're eating good quality protein, and enough of it you'll probably be getting enough leucine in. But you can also take a supplement – more on that later.

Leucine not only supports muscle synthesis, it also increases your ability to burn fatty acids.

It's much easier to get ample leucine when you're eating animal foods. Here are some leucine percentages for example:

- Whey has about 11%
- Meats have about 8.8%
- Soy about 7.8%
- Wheat 6.8%
- Quinoa 6.0%

When you break it down like this it becomes pretty clear that animal foods are an important part of the diet in order to get good quality protein in. Is it impossible to get your essential amino acids and enough protein from vegetarian and vegan diets? No, but, grains are poor-quality proteins, and plant based foods aren't good sources of many of the essential amino acids such as lysine and methionine.



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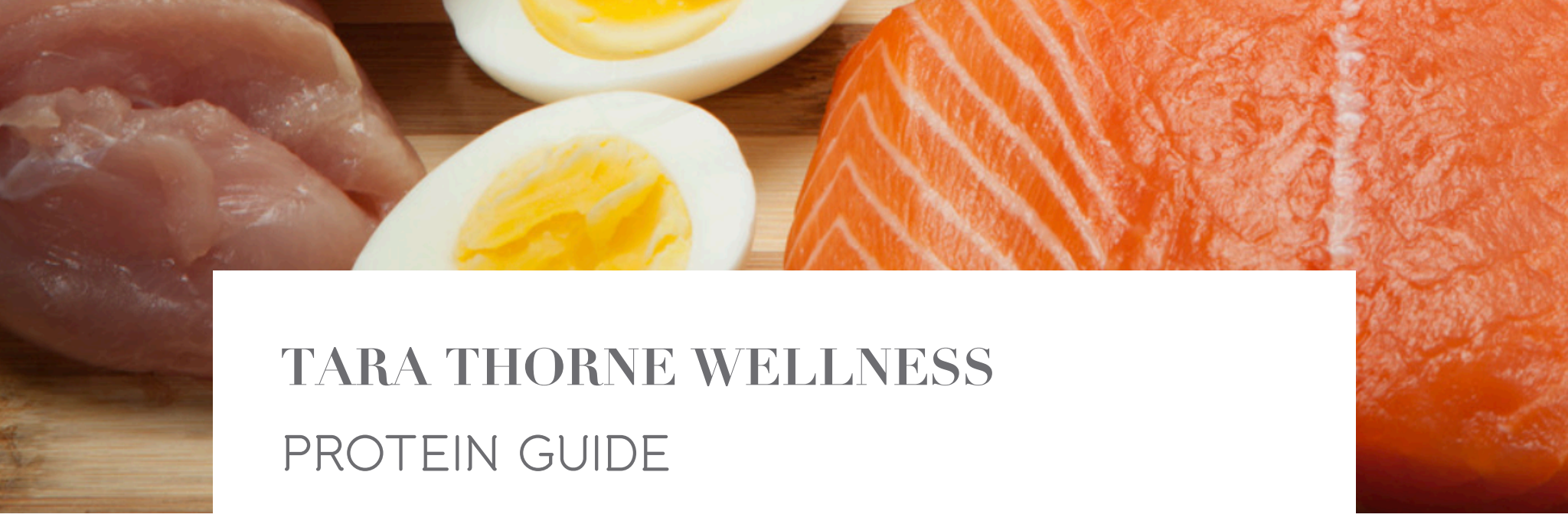
SOURCES OF PROTEIN

Here's a quick cheat sheet showing you the average protein grams in common protein sources, so you can start to get an idea of how much protein you're consuming.

- **Salmon:** 20 grams of protein in 100 grams
- **Smoked salmon:** 15 grams of protein in 3 ounces
- **Halibut:** 23 grams of protein in 100 grams
- **Steak:** 25 grams of protein in 100 grams
- **Ground beef:** 14 grams of protein in 100 grams
- **Ground turkey:** 27 grams of protein in 100 grams
- **Turkey breast:** 29 grams of protein in 100 grams
- **Chicken breast:** 31 grams of protein in 100 grams
- **Pork chop:** 24 grams of protein in 100 grams
- **Organ meats:** 6.8 grams ounce of protein in 1 ounce
- **Eggs:** 6 grams or protein per egg
- **Protein powder.** THIS is the one I recommend and it gives you 20 grams of protein in one scoop (use my code for 15% off your first order: TARA). Or you can choose an organic whey isolate for ample leucine.
- **Collage peptides,** such as THIS one, which gives you 18 grams of protein in 2 scoops.
- **Tempeh:** 17 grams of protein per 1/2 cup
- **Hemp seeds:** 9.5 grams of protein per tablespoon
- **Cottage cheese:** 11 grams of protein in 100 grams
- **Bone broth:** depends what type but bone broth powder can contain about 5 grams of protein per scoop such as THIS one.



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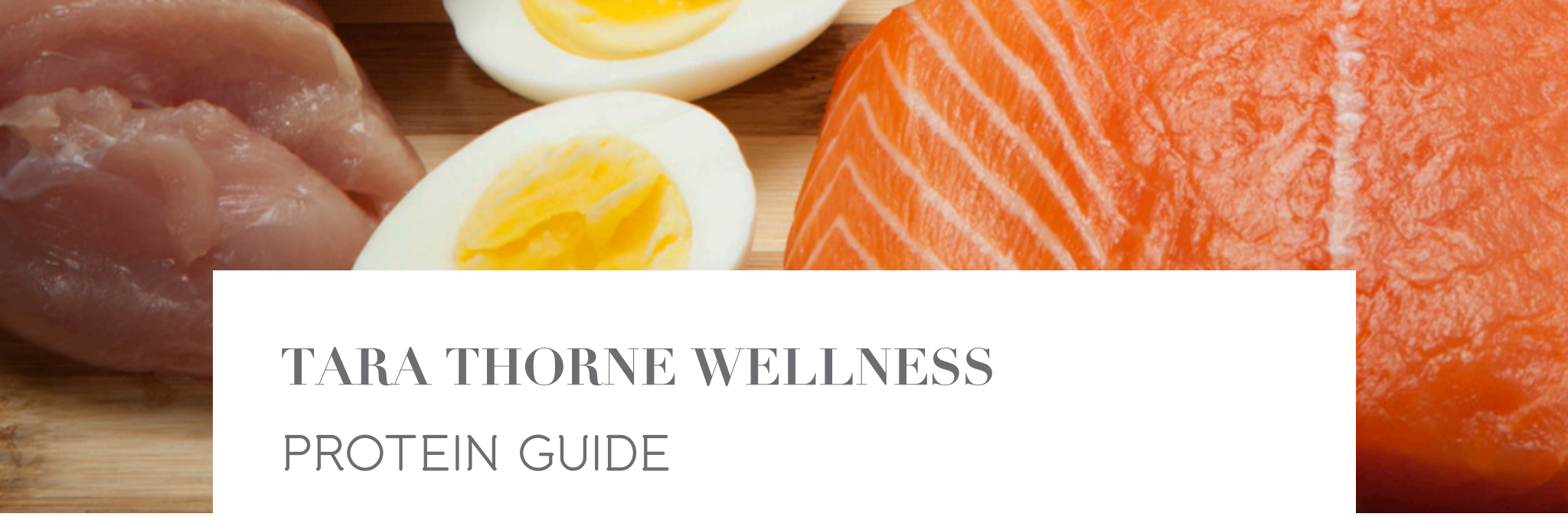
BREAKFAST IDEAS

I always suggest you aim for a big whack of protein at your first meal of the day, to start your day off right, otherwise it can be hard to catch up in the day to make your total protein goal. Research also shows that your first meal of the day should be the one with the most protein. Aim for a *minimum* of 35 g of protein at breakfast. Here are some high-protein breakfast ideas. If you add a beverage on the side that has 1 scoop of collagen peptides in it you can add another 9 grams of protein per meal.

1. **Steak or salmon or "clean" sausage and veg -** Yes! Dinner for breakfast is always a good idea.
2. **Eggs and veg / omelette / boiled eggs and side of raw veggie sticks** - but remember, there's only 6 grams of protein in an egg so you would need to eat at least 4 to get a substantial amount of protein in your breakfast. And you could add egg whites too if you're watching your fat intake, (it can be easy to over-do fat). You could add some chicken or sausage to your omelettes to increase protein as well.
3. **Salmon, chicken, or beef patties** with a side of berries or veggies.
4. **Protein shake** with 2 scoops of the Equip Foods protein, which equals 40 grams of protein. Or 1 scoop of Equip protein plus a scoop of collagen peptides or a scoop of Paleo Valley Bone Broth protein powder.
5. **Black bean burrito on GF tortilla.** Use 3 eggs and 1/4 cup of black beans - this ends up being 23 grams of protein.



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6. **Avocado GF toast with 1 egg and some smoked salmon.** This can equal about 30 grams of protein when you use 3 ounces of smoked salmon.
7. **Greek yoghurt bowl with hemp seeds.** If you can do a bit of dairy without any inflammatory symptoms or indigestion then the odd greek yoghurt bowl may be OK for you. It also makes a nice change to the more heavier animal meat meals. There's about 20 grams of protein in 1 cup of plain Greek yoghurt. Add 1 TBS of hemp seeds and you're up to 30 grams of protein. Add 1/4 cup crushed peanuts for an additional 9.5 grams of protein. But keep in mind, animal protein is a better quality protein, so this may not be an "every day" breakfast option.
8. **Huevos rancheros –** 1/4 C black beans, 2 eggs, two rashes of bacon on the side and you'll consume at least 27 grams of protein in this breakfast.
9. **Egg muffins with turkey sausage –** mix 4 eggs with 3 ounces of turkey sausage. Packs about 40 grams of protein into one of these egg muffins.
10. **Tempeh and black beans with egg** – 1/2 cup of tempeh with 1/4 black beans and one egg will give you 37 grams of protein.