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Protein frosty flexible dieting lifestyle recipes

Maximilian Stock Ltd/Getty Images First, there was the Atkins Diet. Then, there was Paleo. Now, the keto diet is all the rage. Long story short: High-protein diets for weight loss have been trendy for years. Perhaps that's why more than half of Americans are striving to put more high protein foods on their plates, according to a survey by research firm the NPD Group. We're sprinkling protein powder into yogurt, oatmeal, and smoothies and buying snack bars and even pasta with extra grams of the stuff. But do we really need to be eating so much protein? For most of us, the answer is no. David Katz, MD, director of the Yale University Prevention Research Center, believes the protein craze is for the most part just that—another craze (albeit a long-lasting one), like low-fat in the 1980s and low-carb in the early 2000s. "All the focus on macronutrients has been a massive boondoggle—we cut fat and got fatter and sicker; we cut carbs and got fatter and sicker," he says. "We need to stop focusing on macronutrients and instead focus on wholesome foods and healthy combinations and let the nutrients take care of themselves." Besides, we already get plenty of protein. The Dietary Guidelines for Americans recommend getting between 10 and 35 percent of your daily calories from protein. Just 10 percent—that's around 46 g of protein per day for women—would be enough to meet the Recommended Daily Allowance (RDA) and prevent deficiencies, and CDC data shows that we tend to get closer to 16 percent. And yet, a high-protein diet is ideal for some. Dr. Katz admits that certain types of people can benefit from greater protein intake. After all, we all have different bodies with individual nutritional needs, so no single protein guideline will fit all. The best protein sources, he says, are eggs, fish, poultry, and small amounts of lean, grass-fed meats (a few 4-oz servings a week), along with plant-based proteins like beans, soy, and lentils combined with nuts and seeds or rice and grains. In other words, don't be tempted to pile on the bacon. Although meat is certainly a high-quality protein—meaning it has the right distribution of amino acids for our body's needs—it brings along other "passengers" that are harmful, namely saturated fat, high total fat, cholesterol, and, depending how we cook it, possibly carcinogens as well. Here are the four types of people Dr. Katz says may benefit from higher protein intake, which means getting a bigger proportion of calories from protein—not just piling extra protein onto your regular diet. **Bodybuilders** If you're doing a lot of resistance training or taxing endurance exercise, you're tearing down muscle tissue that needs to be repaired and rebuilt. "Protein is a source of essential amino acids that are the building blocks of the body's own proteins—and we can't make them; we get them from food or we don't get them at all," Dr. Katz explains. "If you're trying to build muscle cells and you don't have those amino acids, you don't build muscle." He compares it to trying to build a house with enough brick but without shingles, or enough wood but too few bricks. "Construction just doesn't happen," he says. "And that's clearly detrimental." People who are prone to weight gain There's a reasonable amount of evidence to suggest that higher protein, depending on where the protein comes from, may help with low-calorie compliance by providing satiety," says Tom Rifai, MD, regional medical director of metabolic health and weight management for the Henry Ford Health System in Detroit. That's because protein takes longer to digest, leaving us feeling fuller longer. It also stabilizes blood sugar, which has been shown to lower our desire to eat—helpful when trying to shed pounds. "During weight loss, you want more protein—to prevent hunger, enhance satiety, and minimize muscle loss, as long as there's some degree of physical activity." Legumes are a particularly great source of protein, as a 2014 study in the journal *Obesity* found that eating a daily serving of beans, chickpeas, lentils, or peas increases fullness, potentially improving weight management and weight loss. People with a very sugary, carby, crappy diet Anyone eating the typical American diet (think: bread, pasta, and snack packs) can benefit from shifting toward more high-quality protein, like egg whites, fish, and lean meat. "If you're getting a higher percentage of calories from protein, you're getting less of the other stuff, like added sugar and carbohydrates," Dr. Katz says. In other words: "More tuna, fewer doughnuts." In a randomized trial known as the Optimal Macronutrient Intake Trial to Prevent Heart Disease (OmniHeart), people who replaced some carbohydrate with healthy protein (or healthy fat) saw lower blood pressure and lower levels of harmful LDL cholesterol than people on a higher-carbohydrate diet that was otherwise healthy. People in middle age Getting a little extra protein may be helpful after age 50 to counteract the inevitable muscle loss that comes with aging. "Older adults at risk of sarcopenia, the gradual loss of lean muscle mass, would benefit from more high-quality protein in their diet," Dr. Katz says. In a 2015 study from the University of Arkansas for Medical Sciences, adults ages 52 to 75 who doubled the Recommended Daily Allowance were better at building muscle—and keeping muscle—after just 4 days. For people in this age group, who may already have high cholesterol or other cardiovascular risk factors, it's a good idea to grab extra protein not from animal sources such as red meat, dairy products, and eggs, which are high in saturated fats, but from beans, seeds, whole grains, nuts, and fish, which have other beneficial nutrients on top of protein. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io These high-protein recipes - whether from meat or vegetarian sources like grains or tofu - satisfy hunger pangs and help maintain bones, muscle, skin, and more. The death of a female bodybuilder from Australia who was taking protein supplements has spotlighted concerns over excess protein in a person's diet. Share on Pinterest The death of a female bodybuilder in Australia has raised questions about how much protein in a diet is too much. Meegan Hefford, 25, mother of two, died in June due to complications from a high protein diet along with urea cycle disorder, a rare genetic condition. Hefford's death certificate lists "intake of bodybuilding supplements" as one of the causes, reports USA Today. Days before her death, Hefford reported feeling "weird," and had been fatigued, according to her mother. She was later discovered unconscious in her apartment and rushed to the hospital. Even then, it took two more days for doctors to discover that she had urea cycle disorder. In a functioning urea cycle, excess ammonia in the body is converted to urea and then excreted from the body through urine. Urea cycle disorder affects only about 1 in 8,000 individuals. It results in the body's inability to clear ammonia from the blood stream. Once this buildup of ammonia (referred to as hyperammonemia) reaches the brain, it can cause confusion, dizziness, and slurred speech — before leading to coma and, potentially, death. According to the National Urea Cycle Disorders Foundation, the condition can occur in both children and adults. Babies are often quickly diagnosed because they may fall ill within the first 48 hours of birth. However, in children and adults, symptoms may remain undiagnosed if not recognized early on. The relationship between urea cycle disorder and protein certainly played a role in the death of Meegan Hefford. When the body metabolizes protein, toxic byproducts such as ammonia are formed. Excess consumption of protein, combined with Hefford's rare condition, made for a deadly combination. There are others at greater risk of health complications if they are eating a high protein diet. In an editorial this week, Kristin Kirkpatrick MS, RD, LD, a licensed, registered dietitian who is wellness manager at the Cleveland Clinic Wellness Institute, explained that some individuals really do need less protein in their diets. Individuals with chronic kidney disease, certain liver conditions, and phenylketonuria need to be careful with their protein intake. On the other hand, athletes, pregnant and breastfeeding women, individuals recovering from surgery, and older adults should all ensure they are taking in a more-than-average amount. But what does that even mean — an average amount of protein? The problem with current protein guidelines is that unlike other macronutrients (fat and carbohydrate), protein doesn't really have an upper limit for how much a person should consume in a day. Kirkpatrick does give a simple calculation to get you in the ballpark. Take your weight in kilograms multiplied by 0.8 (1 kilogram is equal to about 2.2 pounds). So, a 200-pound man should eat at least 75 grams of protein per day. "For the healthy individual, there may not be a need to double or triple daily protein intake," Kirkpatrick told Healthline. "Protein can play a positive role in weight loss, but it's important not to ignore other macronutrients that contribute to good health and weight, like healthy fats and complex carbohydrates." She noted that a one-day protein binge probably isn't harmful, but a continual high-protein diet can put extra pressure on the kidneys and potentially increase the risk of some kinds of cancer. Particularly in the fitness community, protein seems to have a reputation as a healthier macronutrient than carbohydrate and fat. Its role in preserving and building muscle mass is well-known. Still, there are healthier ways to consume protein than just chugging shakes or eating steaks. Kirkpatrick specifies that the type of protein you eat really matters. Protein comes from a variety of sources, including fish and plants. She cites a 2017 study that concluded plant-based protein sources helped in preventing type 2 diabetes, while red meat sources actually increased that risk. Quinoa, beans, legumes, seeds, and nuts are all great sources for plant-based proteins. It's also important to be aware of how processed the protein is that you are consuming. Kirkpatrick recommends you consume proteins closer to their natural forms rather than in bars, shakes, or veggie burgers. The more processed your protein (or any food really), the more likely it is to contain hidden sugars and unwanted ingredients. The bottom line is that when it comes to protein, more is not necessarily better. Your lifestyle, health, and activity levels should always be taken into consideration when considering altering your diet. "In the world of food, you can have too much of any good thing. Protein included," wrote Kirkpatrick.

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