

protein

Protein is essential for growth and development. Protein is responsible for forming enzymes, haemoglobin to transport oxygen in the blood and antibodies to keep our immune system strong and healthy. We need a constant supply of protein to build and repair tissues. Hair, nails and all living cells are always regenerating and require replacement; protein is responsible for all



of these functions. During times of illness, stress or surgery, we require even more protein to regenerate vital cells and tissues.

Protein is broken down into amino acids. The human body needs approximately 20 amino acids to function normally. Nine of these are essential, which means they must be obtained from food, and 11 are non-essential. The most complete form of protein containing all of the essential amino acids are animal proteins which are sometimes referred to as ‘**strong proteins**’.

On your Quick Loss Program, each meal contains both protein and carbohydrates. You can recognise which foods are protein on your program as they are on the top line of each meal category on your menu planner. It is a requirement on your Quick Loss Program to always start your meal with a few mouthfuls of protein component of your meal. This will ensure a slow release of insulin resulting in you feeling satisfied and not tempted to overeat.

Recognising Strong Proteins

Strong Proteins	Weaker Proteins
Red Meat	Yogurt
Poultry	Dairy such as milk and cheese
Seafood	Beans
Eggs	Some vegetables such as garlic, asparagus and broccoli
Soy products	
Nuts/seeds	

Reference:
Dr Ross Walker; The Cell Factor, (2002) pg 238 – 248, Donna Aston; Body Business, (2001) pg 48 – 49
Balch, J.F , Balch, P.A; Prescription for Nutritional Healing, (1997) , 2nd ed. Avery Publishing Group, pg 4