

The benefits of Protein

Protein is an important part of your dietary intake and it has many vital functions in the body. It is required for:

- Maintenance/ repair of body tissue eg. Muscles, tendons, ligaments
- Growth of hair, skin and nails
- Immune function
- Energy production
- Stimulates bile production and digestion
- Maintains satiety
- Can assist with blood sugar regulation
- Can assist with weight loss

Protein should be consumed with every meal as it will increase satiety, balance blood sugar levels and reduce sugar/carbohydrate cravings, stimulates digestion as well as being a fuel source for the other functions mentioned above.

The highest protein containing foods:

- Fish and seafood (non-farmed salmon, mackerel, herring, sardines, scallops)
- Kangaroo (highest in iron and lowest fat red meat)
- Beef
- Lamb
- Chicken (free range & organic where possible)
- Eggs (free range & organic where possible)
- Tofu, tempeh (contains 10g per 100g)

Other protein containing foods:

- Legumes (chickpeas, lentils, kidney beans, adzuki beans)
- Raw nuts (almonds, cashews, brazil nuts, walnuts)
- Raw seeds (sunflower, pumpkin, linseeds)
- LSA (ground linseeds, almonds, sunflower seeds)
- Nut butters (almond, cashew, brazil nut, peanut)
- Natural yoghurt – careful! Sheep, goat preferred
- Sprouts (mung bean, alfalfa sprouts)
- Quinoa, amaranth (grains high in protein and minerals)

The use of a good quality plant protein powder can also be another way to increase the protein into a well balanced diet. It is useful as it can be had as a shake with water, milk or soy milk or it can be added to a fruit smoothie, on top of cereal/muesli.

Eg Sun warrior fermented brown rice or hemp protein powder (these are all available from health food shops). I find pea protein does not taste good and has a strange texture.