

Lose Weight

By Increasing Intake of Complete Proteins

Nisa Kamila

High-protein diets, often with carbohydrate restriction, are quite popular among overweight Americans pursuing strategies for weight control.

Recently, well designed clinical trials have evaluated the anthropometric and metabolic effects of these diets.

Current evidence indicates that protein-induced energy expenditure and satiety contribute to weight control. Randomised, controlled trials continue to show comparable, if not superior, effects of high-protein diets compared with lower protein diets on weight loss, preservation of lean body mass, and improvement in several cardiovascular risk factors for up to 12 months.

"Diets moderately increased in protein and modestly restricted in carbohydrate and fat, particularly saturated fat, may have beneficial effects on body weight, body composition, and associated metabolic parameters," wrote Brehm BJ and D'Alessio DA in their article "Benefits of high-protein weight loss diets: enough evidence for practice?" (*Current Opinion in Endocrinology, Diabetes and Obesity*, October 2008)

The research study concludes that diets slightly higher in protein, compared to carbohydrate and fat intake, are beneficial for body weight and for a leaner body composition.

Researchers found that protein induced and promoted energy expenditure and promoted feelings of fullness and satisfaction that contributed to weight control.

Another recent study also found that increasing protein intake resulted in sustained weight loss, and helped to maintain a healthy weight.

Protein is the single most important nutrient that influences metabolic rate and weight loss. Every cell in the human body contains protein. It is a major component of skin, muscles, organs, and glands, and helps to improve immunity, antioxidant function, the production of enzymes, and enhances insulin function.

Complete proteins are especially important because they form the structure and integrity of every part of the body.

Meat

Meat and dairy products including poultry, eggs and fish all contain complete sources of protein, all essential amino acids that the body needs. However complete proteins can also be obtained from a vegetarian diet.

The amino acids found in vegetables are just as high quality as the amino acids found in animal products and can be used just as effectively by the human body. Most protein from vegetables usually contain most of the nine essential amino acids, but one or two of them may be at low levels compared to the protein

in animal foods.

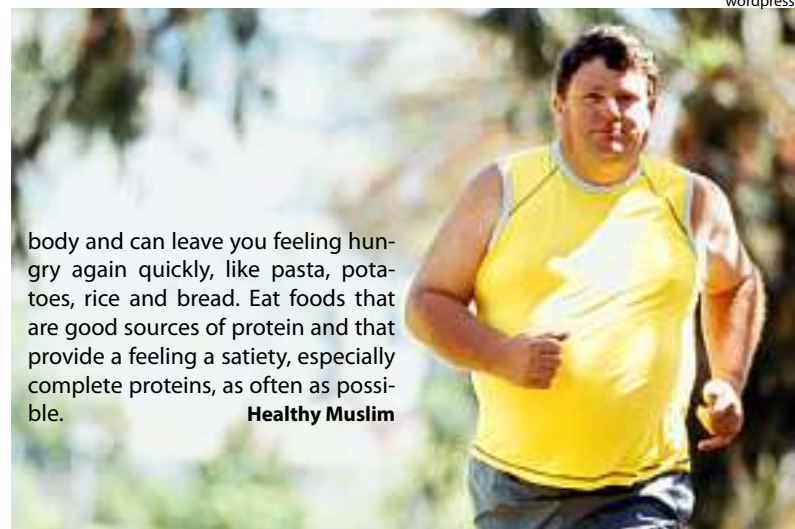
There are a handful of vegetarian sources that offer complete protein and can stand alone as the main protein source in any meal. These include: quinoa, buckwheat, and hemp seed

Foods that offer high levels of incomplete protein include beans, peas, nuts, seeds, and many grains. beans, lentils, and peas can be easily combined with brown rice or corn to create a delicious complete protein dish.

If you are trying to lose weight, go easy on high carbohydrate foods that are easily broken down in the

body and can leave you feeling hungry again quickly, like pasta, potatoes, rice and bread. Eat foods that are good sources of protein and that provide a feeling a satiety, especially complete proteins, as often as possible.

Healthy Muslim



Five Foods That Aid Weight Loss

The best way to lose weight and keep the weight off is to change the way you eat on a daily basis, by choosing a variety of healthy foods and eating in moderation.

This will ensure an adequate supply of antioxidants vital for boosting immunity and protecting the body against disease.

Here are some foods that studies support as being effective fat-burners, thus potentially aiding weight loss when eaten as part of a balanced, healthy diet.

Grapefruit. Naringenin, a flavonoid in grapefruit, balances out blood sugar levels and helps to prevent metabolic syndrome, a pre-diabetic condition associated with weight gain. Scientists at the University of Western Ontario found it worked by programming the liver to burn up excess fat, rather than store it.

Chili Pepper. Capsaicin, the heat-producing molecule that gives chili peppers their kick, is thermogenic, meaning it speeds up metabolism and heat production. Research has found that

cells can burn up to 25 per cent more calories after a person has eaten chili. Trials at Maastricht University found that chili peppers also reduce appetite by suppressing hunger and prolonging the feeling of fullness.

Green Tea. Green tea speeds up the rate your body burns cellular energy by up to 40 per cent, according to research reported in the *American Journal of Clinical Nutrition*.

Cinnamon. A study published in *the American Journal of Clinical Nutrition* found that when volunteers were given rice pudding with three grams of cinnamon, they produced less insulin after the meal. Insulin is the hormone that turns excess sugar into fat, so this means less weight gain.

Coconut Oil. Coconut fat has been found to have fewer calories per gram than other fats, producing only 6.8 calories per gram rather than 9 calories like most fats. Unlike many others, calories in coconut oil act more like carbohydrates, being burned by the liver for immediate energy.

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Which pair is yours?



Non-smoker's lungs



Smoker's lungs