



ELITE

Personal Training and Fitness Solutions

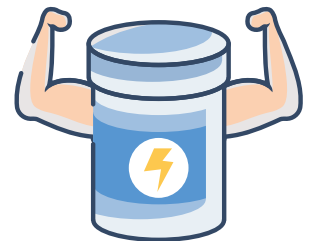
# HEALTH TOPIC OF THE WEEK

## 5/23: Unhealthy Proteins

Protein is an essential part of our diet. People may not know all the reasons why, but most realize that protein is necessary to sustain life. Protein is especially important when we exercise. It helps build muscle, increase strength and improve athletic performance.

Proper protein consumption helps to:

- build muscle mass and strength for all ages
- preserve muscle mass as we age
- prevent muscle loss while losing body fat
- satisfy hunger more than any other nutrient
- facilitate a caloric deficit diet by staving off hunger pangs
- burn the most calories during the digestive process
- coordinate and regulate physiological functions in the body
- support immune function
- regulate DNA and RNA expression



Our bodies do not react to all protein sources in the same way. Some protein sources are more useful for muscle building, while others are downright unhealthy when eaten regularly. The following foods do have proteins, but they should be consumed infrequently:

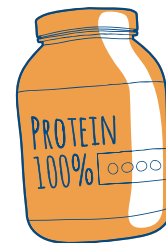
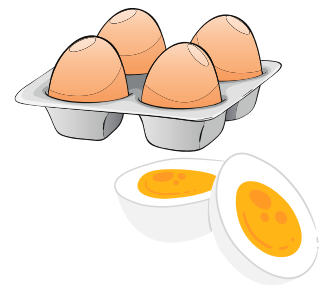
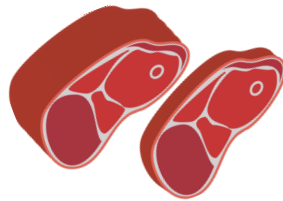


Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

- Processed meats such as bacon, sausage, lunch meat, and hotdogs are among the most unhealthy foods you could consume and are poor food choices for protein.
- Foods preserved by smoking, salting, and chemical preservatives
- Foods high in nitrates These foods have been classified as a group 1 carcinogen by the World Health Organization because they generate cancer-causing compounds.
- High-fat red meats are high in saturated fat. Poultry, pork, and fish have lower fat content and contain healthier omega-3s and vitamin E.
- Cheese, which has a high-fat content and may be inflammatory
- Certain protein powders are wildly popular but designed to make profits. Taste is a priority over health. Many are loaded with excessive sugar, artificial flavors, and additives.
- Beef jerky - one of the worst proteins. Jerky has excessively high sodium and sugar content plus artificial flavorings and additives.

## Best Choices for Quality Protein

- fish
- poultry
- pork
- eggs
- lean red meat
- low-fat dairy
- quality protein powder
- nuts/seeds



As always, we are here to help you make healthier food choices!