



ELITE
PERSONAL TRAINING & FITNESS SOLUTIONS

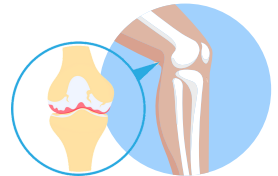
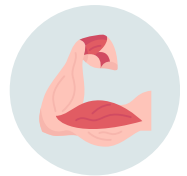
HEALTH TOPIC OF THE WEEK

10/30 - Inexpensive Sources of Protein

Most of us understand that consuming proper amounts of protein is vital to good health. Here's why:

Your Body Needs Protein to

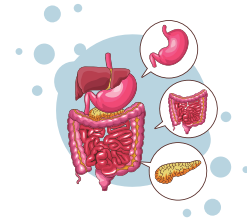
1. **BUILD:** Protein is an important building block for our bones, muscles, cartilage and skin.
2. **REPAIR:** Your body requires protein to repair tissue.
3. **OXYGENATE:** Red blood cells contain a protein compound that carries oxygen throughout the body.
4. **DIGEST:** Approximately 50% of the protein that you consume each day is used to make enzymes which are used for digestion and making new cells and chemicals.
5. **REGULATE:** Proteins play a vital role in hormone regulation.



How Proteins Help You Stay in Shape

Adding quality protein to your diet benefits fitness by

- Building lean muscle
- Reducing muscle loss
- Maintaining a healthy body weight
- Curbing hunger
- Speeding recovery after exercise or injury



Adding Protein-Rich Foods to Your Diet Doesn't Have to Break the Bank

Many people may find healthy protein sources to be costly. Fortunately, there are many high-protein foods that are suitable for both preference and budget.

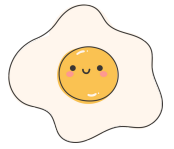


Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving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

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Eggs

Eggs are one of the most nutrient-dense foods on the planet and are very affordable, with an average price of \$3-\$4 dollars per dozen. Not only are eggs full of vitamins, minerals and healthy fats, but they also are packed with protein. One large egg contains 6 g.



Milk

Although some people have milk intolerance, it is an affordable source of highly absorbable protein for those who can digest it. Milk comes in many fat percentages and is widely available, making it a convenient protein choice. One cup of whole milk contains 8 g of highly absorbable protein along with loads of vitamins and minerals.

Cottage Cheese

Cottage cheese not only has nearly 24 g of protein per cup, but it also has casein. This is a type of protein that is digested slowly, which helps you feel full longer. Cottage cheese is a great ad-in. Blend it in a smoothie or mix it into scrambled eggs. Use it as a base for a bowl topped with veggies, olives and seasoning. Power up muffins by adding cottage cheese to the recipe. You can also eat it plain or add fruit. Pineapple and cottage cheese is a popular combo.



Oats

You probably have some in your pantry right now, whether rolled, steel-cut, or instant. While their textures differ, all have about the same amount of protein: 5 g per one-cup serving. You can easily boost the fiber content and flavor by adding berries, nuts, cinnamon or honey.

Edamame

Pronounced eh-duh-maa-may, this tasty, bright green soybean is an amazing, low-price source of plant-based protein. These immature soybeans are sold peeled or in the pod. They are a delicious snack and make great additions to meals like salads or stir fries. Edamame is an excellent source of protein with one cup providing an impressive 17 g of protein.



Lentils

Lentils are small but mighty, with 16 g of protein per cup. They also are high in iron, making them heart healthy. Lentils cook up faster than dried beans, so you don't need to presoak them. You can add lentils to a salad or simmer dried ones into a soup.



Ground Turkey

Ground turkey is highly nutritious. It is generally more affordable than whole turkey breasts. Turkey is a lean, low-calorie meat but is remarkably high in protein and nutrients. A 3-ounce serving provides a whopping 23 g of highly absorbable protein and only 195 cal. As a bonus, turkey is also high in B vitamins and the mineral selenium, which acts as a powerful antioxidant.



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Sardines

It seems that people either love or hate the taste. However, if you like the taste [I love them!], these small, silvery fish pack 20 g of protein in just 1/3 cup serving. Look for the ones canned in water or olive oil. Then rinse off the extra oil. You can eat them plain, sprinkled with a little lemon juice or olive oil or top them with chopped tomatoes and herbs like basil or oregano.



Tempeh

Tempeh is a fermented soy food like tofu. It's firmer than tofu and its flavor makes it a great meat substitute. Steamed or baked, it provides an amazing 34 g of protein per cup.



Pumpkin seeds

Pumpkin seeds deliver a massive amount of nutrients in a small package. Just 1 ounce of pumpkin seeds contain 7 g of protein along with antioxidants like vitamin E and phenolic acids that help reduce inflammation. Pumpkin seeds make an excellent snack on the go and can be added to oatmeal and salads.



The list above is hardly exhaustive. Other fairly inexpensive sources of protein include packaged or canned tuna and salmon, plain Greek yogurt, black beans, peanuts and high-quality whey protein supplements.

Bottom line

Consuming proper amounts of protein is vital for optimal health. The standard American diet is woefully deficient. If you're training, protein requirements are increased. Need more info? Reach out to EPT for your training and nutritional needs.



References

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Why Is Protein Important In Your Diet? | Piedmont Healthcare

17 Cheap and Healthy Sources of Protein (healthline.com)

The 18 Best Protein Sources for Vegans and Vegetarians (healthline.com)

SCAN ME



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