



A Guide to Protein

Not sure which proteins to eat? Try these!



Plant vs. Animal Sources

Protein generally produces a moderate insulin response - lower than carbs, but higher than fat.

Plant proteins, such as beans, generally come with carbohydrates and thus stimulates a higher insulin response than animal protein, such as beef or fish.

Animal proteins generally come with fat (eggs, pork belly, chicken thighs, salmon, or sardines, for example) and thus stimulates less insulin. Beans, other legumes,

almonds, chia seeds, broccoli, dark leafy green vegetables, mushrooms, and soy products are other sources of plant-based protein. There is controversy around whether soy foods are a health concern.

Plant proteins generally have less bio-availability than animal proteins. This means that our bodies use animal proteins more effectively than plant proteins, because we are animals. When eating mostly plant proteins, it is important to eat from a variety of sources to obtain all the necessary proteins for optimal health.

Protein & Insulin Response

LOW - THESE ARE HIGHER IN HEALTHY FAT -	MODERATE	HIGH
<ul style="list-style-type: none"> • Eggs • Fattier cuts of meat (e.g. Pork belly/bacon, chicken wings/thighs with skin, ribeye steak, etc.) • Salmon and sardines • NUTS & SEEDS: Chia seeds, flaxseeds, macadamia, brazil, pecan nuts, walnuts, hazelnuts 	<ul style="list-style-type: none"> • Broths (e.g. bone broth) • Game • Lean meats • Leaner fish and seafood • Offal (liver, heart, kidneys, tripe, etc.) • Poultry • DAIRY: Full-fat cheese, full-fat yogurt, heavy cream, 35%, kefir, sour cream • NUTS & SEEDS: Almonds, pine nuts, pumpkin seeds, sunflower seeds 	<ul style="list-style-type: none"> • Vegetable-sources • Beans and legumes • DAIRY: Milk • NUTS & SEEDS: Cashew nuts, chestnuts, pistachios



A Guide to Protein Continued

Dairy

Whey, the protein found in dairy, stimulates almost as much insulin as carbohydrates. Low fat dairy products, like skim milk, has a higher percentage of these proteins and should be taken with caution. We suggest taking heavy cream (35%) or full fat dairy. However, in some cases, dairy may sometimes need to be eliminated.

Fermented dairy such as yogurt (natural, not sweetened) and kefir are not only a good source of friendly bacteria, but the fermentation process by the healthy bacteria eliminates much of its sugar content.

Protein Recommendations

Weight Loss

0.6 g protein per kg body weight per day

Weight Maintenance

1.2 g/kg

Muscle Building

1.2 g/kg

Older Individuals (60+ years old)

1 - 1.2 g/kg, or slightly more

