



# Active Nutrition

## Newsletter August 2013



### How Much is Too Much Protein?

Hi All

A few warm sunny days over the last week and we can start to believe that spring is well on the way, which means that thoughts start turning to shedding the all-covering winter clothes and getting back into those togs. This also means we start thinking about those extra kilograms/centimetres we gained over winter and with this outcome those diet sheets and Facebook comes full of “fast-fix” promises which are too good to be true (nobody can lose 10kg in a week/month unless they are into liposuction or serious health-damaging activities).



One of these diets is the high protein low carbohydrate diet. Whilst this may facilitate weight loss, the question arises – was the weight loss in fact muscle loss? Protein is a very important part of our diet, we need it to build and repair almost every structure in the body.

But how much is good for us and how much facilitates weight loss? The problem with high protein diets is that most proteins, even lean proteins, are linked with fat. This means that the more meat, chicken, fish and plant-based proteins we are consuming, the more fat we are eating. Even egg white, which is considered the gold standard protein, contains some fat.



For those of us who train hard, be it weight lifting, sport or endurance activity we need more protein to support muscle repair and growth than sedentary persons. But too much protein can lead to health issues for people with a predisposition to renal problems and it can trigger gout. High protein foods containing all the essential amino acids are often low in or have no fibre – an essential component when considering weight loss, to say nothing about maintaining health. Often these high protein diets sacrifice wholegrains, fruit and vegetables, which are high in health-giving fibre, vitamins and minerals, in favour of protein– another mistake.



So how much protein should we be getting to assist with weight loss without creating other health issues?

Suggestions by the Ministry of Health are to make between 15 and 25% of your energy intake protein. Research has found that it is safe to have up to 2 grams of protein per kilogram of body weight. Whichever method you chose make sure you balance the protein with good quality carbohydrates and enough unsaturated fats to maintain health.

## My Article From 9th August 2013

### Weight Loss – the myths and realities



Ever feel like you are getting nowhere with your weight loss regime? You are exercising, you are eating less yet the scales are just not reflecting your efforts. The reason could be as simple as the exchange of fat for muscle. Muscle weighs three times that of fat and thus the reason why we should not be focussed on what the scales read and rather how much better our cloths are fitting. A far better method of tracking one's success is by using a tape measure or getting a bioelectrical impedance analysis (BIA). BIA is the use of a very low electrical current that can measure actual muscle and fat mass. Your progress can be mapped through regular analysis.

Fat can't be turned into muscle; it needs to be burnt off through eating the correct foods and exercising more, whereas muscle needs to be built through stressing the muscles with resistance or weight training.

You often hear that the only way to lose weight is through eating less. This is not the full picture. If we concentrate only on calorie intake we are at risk of not just losing fat but also muscle. Loss of muscle is contrary to good weight management. The more muscle we have the more fat we burn when we are at rest. Low calorie diets may have weight loss results on the scales, but the danger is the loss of muscle and once you resume eating normally, the weight just piles on because you have lost the muscle that kept your metabolism ticking over.

What and when we eat is very important, when the goal is to lose weight and gain strength. It is important to eat enough protein to support our muscle growth and maintenance. However, it is not all about protein, we need sufficient carbohydrates to provide the necessary energy to exercise at high intensity. A fat-free diet will be detrimental to health as we need a certain amount of fat, but it comes down to which fats and how much.

For further information please contact me [info@activenutrition.co.nz](mailto:info@activenutrition.co.nz)



#### Would you like further information?

Book an appointment for a full nutrition consultation or BIA assessment.

If you do not live in the Tauranga area this is not a problem with nutrition consultations as I am able to consult via Skype, internet or by telephone. There are no barriers to good information.

Book an appointment or just drop me a line from my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz)

You can have results or you can have your excuses. You cannot have both."



## Recipe of the Month



### Lamb Meatballs with Pita Pockets (serves 4)

*High protein, high zinc, high vitamin C, high fibre, low carbohydrate*

1 tbsp. canola oil  
4 cloves garlic, finely chopped  
400g can tomatoes, chopped  
500g lean lamb mince  
8 dried apricots, chopped  
4 large wholemeal pita pockets  
1 cup chopped red capsicum  
1 cup bean sprouts  
1 cup lettuce chopped

2 red onions finely chopped  
4 tsp. Moroccan Seasoning  
½ tsp. sugar  
½ cup chopped mint  
50g wholegrain bread crumbs  
1 cup chopped cucumber  
1 cup celery, chopped  
1 radish, chopped  
4 tbsp. low fat natural yoghurt

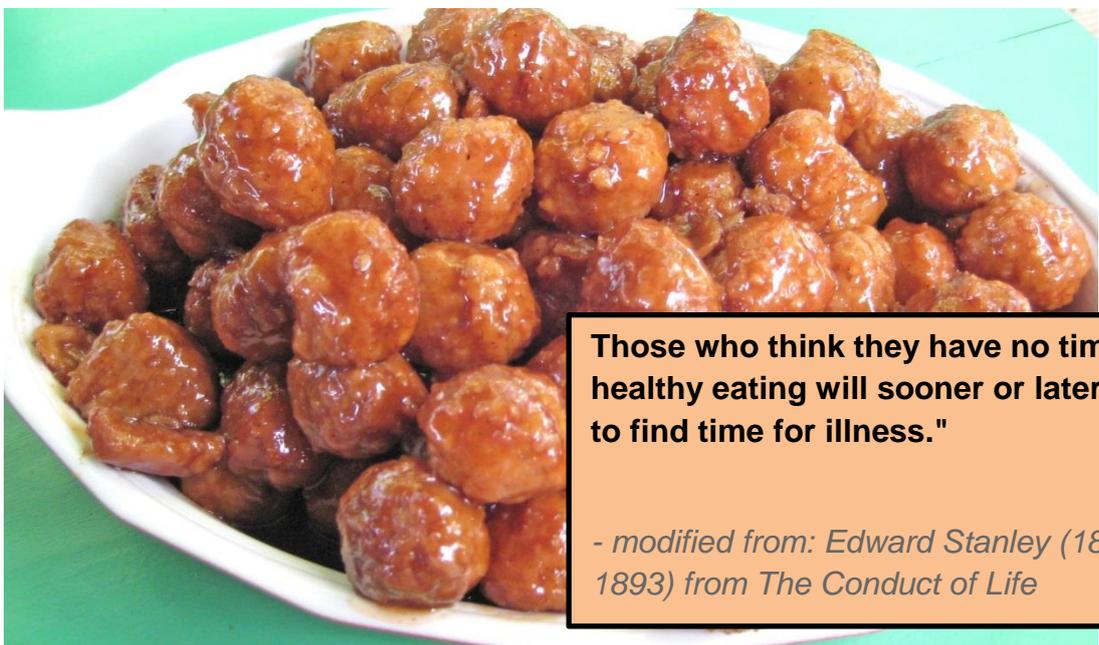
Heat oil in non-stick frying pan and add onions. Cook 5 minutes until softened then add garlic and seasoning and cook another 3 minutes. Place ½ onion mixture in large bowl and leave to cool

To remaining onion mixture add tomatoes and sugar and simmer for about 10 minutes until reduced

To the cooled onion mixture add mince, mint, apricots and breadcrumbs and mix well. Shape into balls – should make 28 small balls

Spray non-stick pan with canola oil and cook meatballs in batches until golden brown

Halve pita pockets and stuff with meatballs and salad vegetables, top with tomato and onion sauce and top with yoghurt



**Those who think they have no time for healthy eating will sooner or later have to find time for illness."**

*- modified from: Edward Stanley (1826-1893) from The Conduct of Life*