

# The Power of Protein!

SELECTING A VARIETY OF PROTEIN-RICH FOODS THROUGHOUT THE DAY FROM YOUR **SLIMBAND QUICK GUIDE FOR PROTEIN<sup>1</sup>** HELPS TO ENSURE YOU ARE GETTING THE BALANCED COMBINATION OF THE AMINO ACIDS YOUR BODY NEEDS.

## 1 Do you know what that Protein comes with?

The best animal protein choices are fish and poultry and occasionally lean meats with fat removed during the preparation. Vegetable sources of protein, such as soy products, beans and legumes, are excellent choices, and they offer **healthy fibre**, vitamins and minerals. Vary up your proteins and try to make healthy protein choices more often. Pay close attention to what comes along with your protein choice i.e.-creamy, buttery sauces or high sodium broths, etc.



## 2 How much protein do I need?

Protein is made up of building blocks called amino acids. While our bodies can make most of the 20 amino acids we need, some can only come from the food we eat.

Protein's main function is to build, maintain and repair all your body's tissue, such as muscles, organs, skin and hair. **Protein** can also be used as energy by your body, but this usually only happens when carbohydrate and fat stores are in short supply.

If you eat more protein portions daily than your body needs, it tends to get broken down and stored as fat, not protein. Although amounts of protein can vary based on individual requirements, the Slimband guidelines include calculations to accurately provide the amount required for healthy eating and weight loss. This translates into you consuming proteins in varying amounts with each meal or snack!

## 3 Protein Bars

A protein bar can be used on occasion for a snack or even a meal in a pinch. Keep in mind, there will be more sugar and fat in this snack; but used in combination with other suggested healthy choices for your Slimband, the protein bar can be used to satisfy hunger and a sweet tooth while providing a good Grab N' Go choice when on the run.

Look for a bar that has approximately 15 grams of protein, 15-20 grams of carbohydrate and less than 10 g of fat.



### PORTION TIPS: KEEP YOUR EYE ON THE SIZE!

## 28 g = 1 oz.

Kitchen food scales are very inexpensive and a GREAT way to check if you have estimated your portion size correctly. Leaving a kitchen scale on the counter and quickly putting your portion on the scale before it goes on your plate is an excellent strategy.

White fish such as tilapia or sole are lighter; therefore, 3 oz. of white fish, cooked, looks bigger than 3 oz. of salmon. See below:

**3 OZ. MEAT/POULTRY/PORK/SALMON (& DENSER TYPES OF FISH):** size of a deck of cards, a bar of soap, or the palm of a woman's hand

**8 OZ. MEAT:** size of a thin paperback book

**3 OZ. WHITE FISH:** size of a cheque book

**1 OZ. MEAT:** size of a matchbox

**1 OZ. CHEESE:** size of 4 dice or 2 dominos

**1 TBSP. PEANUT BUTTER:** ½ of a golf ball or ½ of a walnut shell

**½ CUP OF BEANS:** the bulb part of a light bulb!

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## Slimband Quick Guide for Protein<sup>1</sup>

### Poultry, Pork, Beef, Lamb

TYPE OF MEAT	MEAL SERVING	SNACK SERVING
Chicken <sup>2</sup>	3 oz.	1 oz.
Turkey <sup>2</sup>	3 oz.	1 oz.
Pork (lean, tenderloin or chop)	3 oz.	1 oz.
Bacon, Canadian	3 oz.	1 oz.
Beef (lean, excess fat removed)	3 oz.	1 oz.
Lamb	3 oz.	1 oz.
Veal	3 oz.	1 oz.
Ground Beef (lean or extra lean)	3 oz.	1 oz.
Luncheon meats (low fat)	3 oz.	1 oz.

### Meat Alternatives

TYPE OF MEAT	MEAL SERVING	SNACK SERVING
Fish (fresh or frozen)	3 oz.	1 oz.
Tuna (canned in water)	3 oz.	1 oz.
Salmon (canned or fresh)	3 oz.	1 oz.
Lobster	3 oz.	1 oz.
Shrimp (medium sized)	10-12 pcs.	6 pcs.
Shrimp (large sized)	8 pcs.	4 pcs.
Scallops	7 pcs.	3 pcs.
Mussels <sup>3</sup>	15-20 pcs.	8-10 pcs.
Clams (small sized) <sup>3</sup>	15 pcs.	
Clams (medium sized) <sup>3</sup>	8 pcs.	
Clams (large sized) <sup>3</sup>	6 pcs.	
Egg whites	2-4	1-2
Egg <sup>4</sup>	1-2	1
Egg substitutes (i.e. Egg Beaters®)	½ cup	¼ cup
Legumes (beans, peas, lentils - ex: kidney, white, split, black-eyed, lima) <sup>5</sup>	½ cup	⅓ cup
Tempeh	¾ cup	¼ cup
Tofu	4 oz.	2 oz.
Seitan, soybean curd	3 oz./1 pc.	1 oz.
Nuts, almonds, cashews <sup>6</sup>		10 nuts
Peanuts <sup>6</sup>		10 pc.
Pecans or walnuts <sup>6</sup>		4-7 halves
Cheese (brick, low fat) <sup>6</sup>		1 oz.
Cottage Cheese (low fat or non fat) <sup>6</sup>		½ cup
Cottage Cheese (4.5% fat) <sup>6</sup>		¼ cup
Protein powder (approx. 20-26g/scoop)		1 scoop



<sup>1</sup> These serving suggestions should be included with other food groups as per the Slimband eating guidelines.

<sup>2</sup> White or dark meat, no skin

<sup>3</sup> The type of broth or sauce that accompanies the mussels may add extra carbohydrates and added fat!

<sup>4</sup> Current recommendations are 4 whole eggs per week; you may use egg whites every day.

<sup>5</sup> The meal size portion also includes a starch serving.

<sup>6</sup> With your Slimband® nuts and cheese are more ideal for snack protein choices.