

Importance of Protein for Weight Management

High protein intake can help boost metabolism, reduce appetite, and affect multiple weight regulating hormones

Protein reduces the hunger hormone, ghrelin, while increasing appetite-reducing hormone, like GLP-1, and peptide YY.

By reducing hunger and increasing fullness, eating more protein may help you consume fewer calories leading to weight loss

As you eat, your body uses the calories to digest and metabolize food.

About 20 to 30% of calories from protein are burned while your body is digesting and metabolizing the protein, which is more than carbohydrates and fats

By making you burn more calories, high protein diets have a metabolic advantage over diets that are lower in protein.

High protein diets are highly filling, so they lead to reduced hunger and appetite compared with lower protein diets. This makes it much easier to restrict calories on a high protein diet.

Eating plenty of protein can help prevent muscle loss when you lose weight. It can also help keep your metabolic rate high, especially when combined with heavy strength training.

