POWER OF PROTEIN

Protein is an essential nutrient that plays a fundamental role in many bodily functions. It is critical for repairing tissues, supporting immune health, and even producing hormones that help regulate your body's processes.

Benefits of Protein for Health

Boosts Metabolism: Protein requires more energy to digest; slightly increasing calorie burn.

Supports Immune Health: Proteins are necessary for creating antibodies and other immune cells.

Increases Satiety: Protein helps you feel full longer, which helps manage cravings and portion sizes.

Easy Protein-Boosting Tips

- Add Greek Yogurt to your morning smoothie or as a snack.

- Include Nuts or Seeds in your salads or oatmeal.

- Mix Beans into soups, stews, or as a side with rice.

- Swap for High-Protein Grains like quinoa or farro instead of rice.

To calculate optimal protein intake, search protein calculator online. When calculating your protein needs, use a realistic "ideal weight" as a reference, adjusting it as you make progress. To set achievable goals, aim to keep this target within 10–15 pounds of your current weight.

The Solutions Group