

Protein-Rich Diet Boosts Benefit of Exercise

A study in the August 2005 *Journal of Nutrition* found that a diet rich in high-quality protein, coupled with a moderate exercise program, helped people improve body composition by losing significantly more fat and maintaining more muscle mass.¹

What is High-Quality Protein?

High-quality proteins, like lean beef, lowfat dairy products and eggs, provide the right amounts of all the essential amino acids, or “building blocks,” your body needs in order to grow and function properly.²

Tips to Get Lean with Protein

Building Block Breakfasts

- Make that coffee a latte. The *lowfat milk* will give you a high-quality protein boost.
- Power up your pita. Fill a whole grain pita with *scrambled eggs* for a portable breakfast.

Maximized Mid-Day Munchies

- Pack a snack. Carry *beef jerky* for a handy protein-powered treat.
- Mix 'n' match. Add some *lowfat cheese* to apple slices for a savory snack.

Lean Lunches

- Add some flavor. *Grilled sirloin* or *tuna steak* add a sizzle to any salad.
- Take it with you. *Hard-boiled eggs* are easy ways to add protein to any meal.
- It's in the middle. An open-face *lean deli meat* sandwich is a delicious lean protein lunch.

Satisfying Suppers

- Keep it warm. *Chili con carne* with 95% lean ground beef or *ground skinless poultry* is a satisfying way to get lean and stay warm.
- Mix things up. Sliced *flank steak* or *boneless skinless poultry* will give a protein boost to any stir-fry.
- Make it a power meal. Great-tasting *beef tenderloin* helps you get the most from dinner.

This menu illustrates how easy (and great-tasting) it can be to reap bonus results from your exercise program by simply replacing some carbohydrates with high-quality proteins.



Breakfast	Lunch	Dinner	Snacks
Breakfast Sandwich: Lean Deli Ham (1 oz.) Lowfat Cheddar Cheese (2 oz.) Whole Grain English Muffin (2 oz.) Lowfat Milk (1 cup)	Turkey Sandwich: Skinless Turkey Breast (3 oz.) Cheese (1 oz.) High-Fiber Bread (1 slice) Mayonnaise (½ tsp.) Broccoli (2-3 spears) Half an Apple	Marinated Sirloin Steak (6 oz., broiled) Whole Grain Dinner Roll (2 oz.) Butter (2 tsp.) Steamed Asparagus (1 cup) Seasonal Fruit Medley (1 cup)	Morning: String Cheese (1 oz.) Afternoon: Sliced Veggies (½ cup) wrapped with Lean Roast Beef (1 oz.)

1. Layman D, Evans E, Baum J, Seyler J, Erickson D, Boileau R. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. *Journal of Nutrition*. 2005. 135: 1903-1910.
2. Insel P, Turner R, Ross D. *Nutrition*. Jones and Bartlett Publishers. Sudbury, Massachusetts. 2002.