

One Simple Change



Eat More Lean Protein

A University of Washington study found that doubling up on protein could help you eat less without feeling hungry. "Protein may make your brain more sensitive to leptin, a hormone that helps you feel full," says study author Scott Weigle, MD.

A Johns Hopkins University study found that a diet in which roughly a quarter of the calories come from lean protein sources reduced blood pressure, LDL ("bad") cholesterol levels, and triglycerides better than a traditional higher-carb diet. Other research finds that diets rich in protein can help prevent obesity, osteoporosis, and diabetes.

Finally, in a study published in *Nutrition Metabolism*, dieters who increased their protein intake to 30 percent of their diet ate nearly 450 fewer calories a day and lost about 11 pounds over the 12-week study without employing any other dietary measures.

For sources of lean proteins, visit:

<http://www.menshealth.co.uk/food-nutrition/muscle-foods/the-worlds-best-protein-sources-313853>

<http://greatist.com/health/complete-vegetarian-proteins>

For more information on the wellness program, visit:

www.minuteman-nashoba.org/wellness