

DO IT & DIET

Meat—It's What's For Diets, Too

(NAPSA)—If you're trying to lose weight, adding lean meats to your diet could help you meet your objective.

Research from the British Nutrition Foundation suggests that since higher-protein diets help people feel fuller quicker, they might actually help dieters consume fewer calories overall. Additionally, protein helps maintain lean muscle in the body, which can also help reduce unwanted fat.

Dr. Randy Huffman, a marathon runner and a scientist with the American Meat Institute Foundation in Washington, D.C., says that choosing naturally nutrient-rich foods, monitoring overall consumption and engaging in regular exercise are all important components of weight loss. Huffman recommends the following strategies when trying to lose weight:

1. Set realistic goals. If you have a lot of weight to lose, focus on losing it in five-pound blocks.

2. Aim for a gradual—but steady—loss of $\frac{1}{2}$ to two pounds per week.

3. Make small changes that can become lasting habits.

4. Slow and steady wins the race. Trimming a mere 250 calories a day from what you usually eat will result in a loss of about $\frac{1}{2}$ pound a week. Add an hour of walking each day, and you'll lose another $\frac{1}{2}$ pound each week for a total of one pound. After six months, you may lose up to 25 pounds.

5. Get moving. Try for at least 30 minutes of moderate-intensity exercise each day.

6. Keep a record. By logging consumption, people learn their patterns, which helps to make meaningful changes.

According to Lisa Mina, R.D.,



If you want to lose weight, try making small changes—eating half a sandwich instead of a whole one, or taking the stairs—that can become lasting habits.

an Ottawa-based registered dietitian and an expert on meat nutrition, research suggests that protein curbs hunger better than fat and carbohydrates. “It also has a muscle-sparing effect. While low-calorie diets can cause muscle loss, higher-protein intakes with exercise can prevent it. With muscle being the body’s calorie-burning center, increasing muscle can contribute to a healthy weight,” she added.

Another benefit of consuming high-quality proteins is the calories are “nutrient dense”—thereby offering more bang for the buck. “Lean meats, for example, provide a significant amount of vitamins, minerals and other nutrients with relatively few calories,” she noted.

Mina says that meat’s contribution to health is often underestimated. “Meat, a high-quality protein, also offers one of the most bioavailable or ‘easy-to-use’ types of iron in the diet,” she said. “Studies suggest that iron can improve how well the brain works, especially in children,” she added.

For more information, go to www.meatpoultrynutrition.org.