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# High-protein Diet

High-protein diets are thought by some to satisfy hunger longer than high-carbohydrate diets due to the fact that protein digests more slowly and requires more energy to break down. An increase in protein combined with a reduction in carbohydrates has been known to stabilize blood sugar levels. Lean protein also helps build muscle mass, which in turn burns fat. Protein may reduce hunger as well as overall calorie consumption since dieters will avoid the blood sugar spike and crash (and often binge) that carbs can cause.

Many studies on high-protein diets are based on increasing protein intake to 30% of daily calories. For the average woman, a high-protein diet would consist of about 40-200 grams of protein per day, depending on the woman's weight and her total amount of calories consumed.

Many high-protein foods are also high in fat and cholesterol, so it may be important for some to choose lean protein sources such as seafood, lean meat, beans, dairy, and vegetables.

## **Foods to include:**

- Vegetables
- Fruit
- Meat
- Poultry
- Fish
- Beans
- Dairy

## **Foods to avoid:**

- All grains
- White potatoes
- Sweet potatoes

## **Pros:**

- Quick weight loss in some cases
- May prevent binges by stabilizing blood sugar
- May lead to increased energy

## **Cons:**

- Some may gain weight from excess protein
- Liver health may be compromised by excess protein
- Avoiding sweet vegetables may lead to strong sugar cravings

## **Sources:**

*High-Protein Diet for Weight Loss* [www.webmd.com](http://www.webmd.com) <http://www.webmd.com>

*Are high-protein diets safe for weight loss?* [www.mayoclinic.com](http://www.mayoclinic.com) <http://www.mayoclinic.com>