

*Welcome to
Brooksville
Healthcare's Dietary
Department*



Best High Protein Foods for Weight Loss

What's the difference between a high protein diet and high protein foods for weight loss?

High protein foods are important for building and maintaining muscle for healthy weight loss. They also help you to stay full longer.

Plus, if you're interested in the best protein sources of protein for weight loss, you probably also care about your appearance and how you'll feel while losing weight and maintaining a healthy weight.

So consider the fact that your hair, nails and hormones are mostly protein.

Protein is also necessary to make enzymes. And, besides muscle, it's a very important component in your skin, bones, cartilage, blood and the building and repairing of tissue and every cell in your body.

The Best Protein Sources for Weight Loss

As you can see, high protein foods, especially the best protein foods for weight loss, are very important to you. But the problem with most high protein diets is they're also generally low-carb diets.

And just like you need the best protein for weight loss, you also need the best carbohydrates to look and feel your absolute best.

Good carbohydrates have essential vitamins, minerals, antioxidants and fiber, which help you to look and feel good too. But good carbs also help protect against heart disease, stroke, diabetes and cancer.

On the other hand, eating protein foods that are high in unhealthy fats increases your risk for heart disease, stroke, diabetes and cancer.

That's why the best protein for weight loss is so important. And for the best protein sources, you need to consider the whole protein package.

- A 6-oz porterhouse steak with 38 protein grams can have 41 fat grams (mostly unhealthy fat) and a whopping 540 calories.
- The same amount of salmon with 36 protein grams has 18 fat grams (mainly healthy omega 3 fatty acids) and 348 calories.
- While a cup of high fiber lentils with 18 protein grams has only 1 fat gram (mainly healthy fat) and comes to just 230 calories.

Choose the Best Protein for Weight Loss

Here's your guide to the best protein for weight loss and optimum health.

- **Seafood:** Some fish, like salmon, have important omega 3 oils. Other seafood, like lobster and sole are high protein with low fat.
- **Poultry:** White meat turkey and chicken (without the skin) is low in fat, low in calories and one of the best protein sources. A 2-oz serving has 14 protein grams, 2 fat grams and only 70 calories.
- **Dairy:** Low-fat dairy, like yogurt, skim milk and cottage cheese, are good protein sources for calcium. Eggs, although high in fat, are also an excellent, complete protein when used sparingly.
- **Beans:** Legumes and beans are the best sources for vegetable protein. Plus they're high in fiber, which helps you to feel full longer.
- **Nuts:** An ounce of almonds offers 6 protein grams and healthy fatty acids. So use nuts sparingly to add protein and flavor.
- **Grains:** Brown rice and whole grain breads, crackers and cereals, like oatmeal, provide some protein and lots of healthy fiber.
- **Meat:** Although meat is a high protein food, red meat has been shown to increase the risk of inflammation and some cancers. So eat very lean meat only occasionally and avoid all processed meats.

Patriotic Blueberry Trifle



Ingredients

- 1/4 cup plus 2/3 cup sugar 1/4 cup fresh lemon juice
- 1/4 teaspoon almond extract
- 1 premade angel food cake, cut into 1-inch slices
- 1 pound cream cheese, at room temperature
- 2 cups heavy cream, at room temperature
- 2 pints blueberries
- 2 pints strawberries, hulled and sliced

Directions

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract.

Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.

Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.