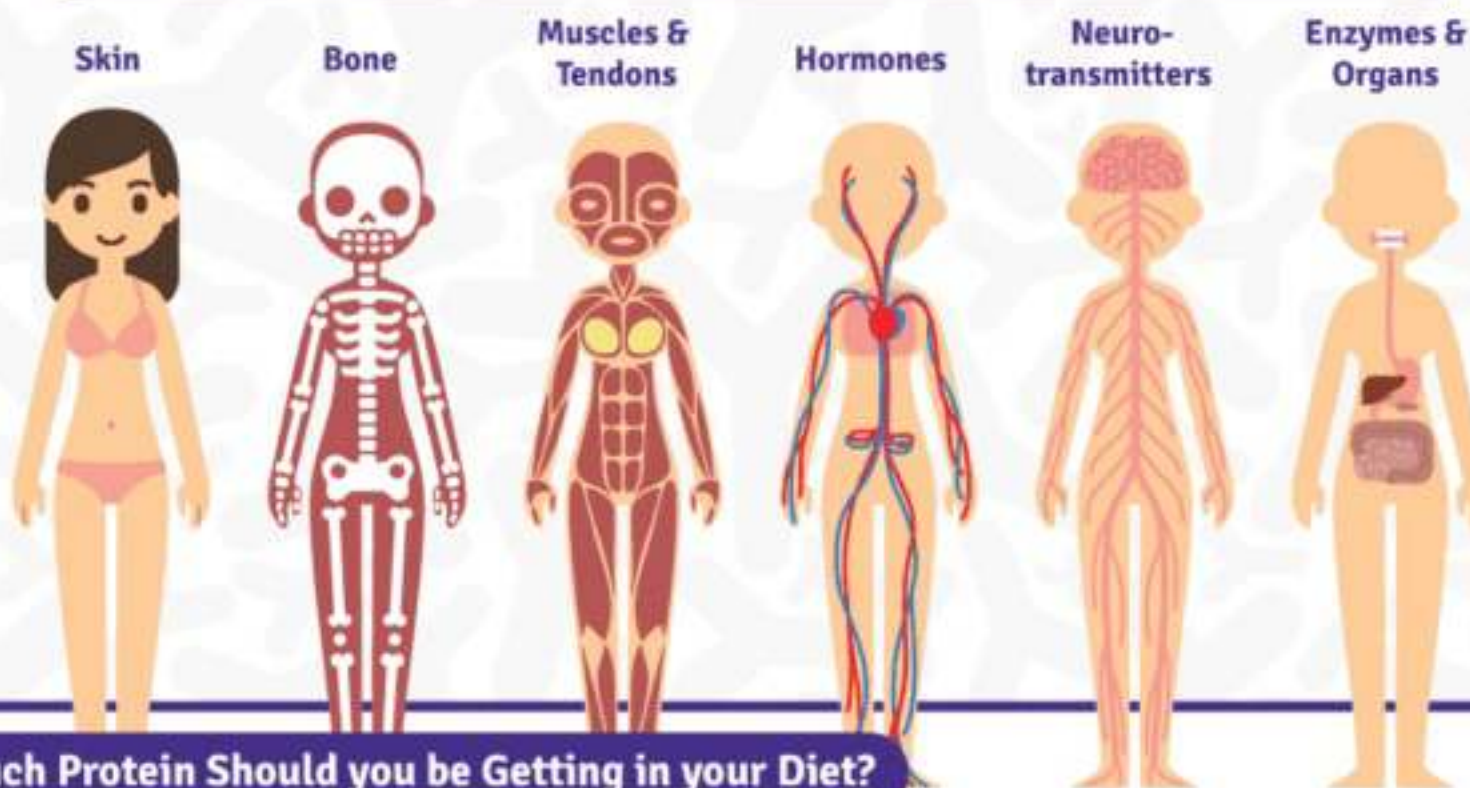


Protein & Fibre: Managing Appetite and Staying Fuller Longer

When it comes to managing an appetite and staying fuller for longer, two important components of a complete diet should be paid special attention – protein and fibre. Fibre and protein maintain satiety levels and keep us satisfied.

What is Protein?

Proteins are the main building blocks of your body. They are used to make:



How Much Protein Should you be Getting in your Diet?

The minimum recommended amount of protein for adults is 0.8 grams of protein for every kilogram of body weight. (Pendick, 2019)

TIP:

Amanda Li, RD would consider getting 1.2 grams of protein per kilogram of body weight throughout the day because of the many benefits that protein can provide.



Amanda Li, RD

Benefits of Protein



Protein is much more satiating than carbohydrates or fat and can help regulate your appetite.



Protein helps build and preserve muscle mass, especially as we age as our body's ability to use protein effectively decreases.

Ways to get Protein in your Diet:

Eat quality protein sources with most of your meals. Think – meat, poultry, fish, eggs, & dairy products.

If you prefer plant-based proteins, then just make sure you have a variety of protein choices throughout the day.

Breakfast

Oatmeal and almond butter

Lunch

Rice bowl with tofu and a tahini dressing

Dinner

Smashed chickpea and avocado pita wrap!

What is Fibre?

Fibre is a type of carbohydrate found in plant foods, that has many health benefits! There are two types of fibre:

Insoluble Fibre:

Attracts water into your stool, making it softer and easier to pass with less strain on your bowel. Insoluble fibre can help promote bowel health and regularity. It also supports insulin sensitivity, and, like soluble fibre, may help reduce your risk for diabetes.

Insoluble fibre rich foods include:

- Leafy Greens
- Broccoli
- Celery
- Bran
- Nuts and Seeds

Soluble Fibre:

As soluble fibre dissolves, it creates a gel that may improve digestion in a number of ways – it also may reduce blood cholesterol and sugar. It helps your body improve blood glucose control, which can aid in reducing your risk for diabetes and keep you feeling full while delaying stomach emptying!

Soluble fibre rich foods include:

- Apples
- Oatmeal
- Chia Seeds
- Lentils
- Barley

3 Healthy Meal Ideas that Pack a Protein and Fibre Punch:

1. Yogurt parfait layered with berries and walnuts. Make this parfait the night before so you're ready to fuel your body the next day!

2. Edamame Stir-fry with broccoli and a soy ginger sesame vinaigrette. All you need is a bag of frozen edamame, frozen broccoli and frozen gingerroot. Having ginger in the freezer means you can easily grate some on your salads or smoothies or stir-fries!

3. Amped Up Tuna Salad with finely chopped celery, scallions, pickles, and tossed in a bit of mayo and dijon mustard with crumbled walnuts scattered on top! Elevate your can of tuna into something spectacular!

References:

1. Pendick, D. 2019. How much protein do you need every day? <https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096>
2. Anderson JW. (2009). Health benefits of dietary fiber. <https://academic.oup.com/nutritionreviews/article/67/4/188/1901012?login=true>