

HOT PROTEIN

On the thermogenic and satiating effects of different proteins

Nutrition plays a big role in both your performance and your appearance. What you eat affects your strength, power, endurance, size, and body fat levels. From wrestling to gymnastics and from football to strength sport, getting lean while remaining strong and powerful is important to success. Your nutritional habits will have a direct impact on your ability to get lean while maintaining the muscle you need for optimal performance. Optimal nutrition requires attention to numerous aspects of what you eat, including calories, meal timing, protein intake, carbohydrate intake, fat intake, and the types of foods. Protein intake often gets the most attention, and for good reason. Protein is the building block of all the tissues in your body and an integral part of helping you to maintain or build muscle for your sport. It is for this reason that protein powders are so popular among athletes, and big business among supplement companies. However, building and maintaining muscle are not the only reasons why you should pay attention to protein. Protein has powerful effects that can be important in your quest to be lean.

Power Key: protein, satiety, weight loss, thermogenesis



Different types of proteins are marketed as having different effects on your body. Though true, *how great* those effects really are is the main question to answer.

Original Research

Acheson, K.J., et al. Protein choices targeting thermogenesis and metabolism. *American Journal of Clinical Nutrition* 93:525-534, 2011.