



# THE PROTEIN FACTOR



It seems everywhere we look, someone is promoting a new diet that praises the power of protein. But whether you want to lose, gain, or maintain your current weight, the importance of protein goes far beyond physical appearance and muscle building.

According to Dr David Heber in the LA Shape Diet, "your Protein Factor is the amount of protein that you need to consume during the day to maintain a healthy lean body mass." Normally you would need 2g of protein per 1kg of lean body mass.

For women it's usually between 90-120g

For men 150-200g.

My Protein Factor is: \_\_\_\_\_ grams/day

## A necessity for every body

Protein is an important component of every cell in the body. It is an organic compound, composed of 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones. Proteins also make it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a "macronutrient," meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10% to 35% of our total caloric intake, with men needing slightly more than women. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

Most food is high in carbohydrates, as it is cheaper to manufacture and lasts longer on the shelves so finding food high in protein is not always easy. Hybridisation of foodstuffs during the agricultural revolution means that most food, especially grains, do not have the amount of protein in them that they used to have. With cold storage, most vegetables lose a high percentage of their nutritional / protein value while waiting to be sold to the public.

## What Is Protein?

Protein is the basic 'building block' of all living things. Our bodies are about 25% protein. Protein is made up of amino acids, 9 of which are essential. (Your body needs them and cannot make them for itself – they have to be ingested.) They are not stored and so a daily supply of all 9 is necessary



# THE PROTEIN FACTOR

## There Are Two Types Of Protein:

1. Animal Proteins
2. Plant Proteins

Animal proteins can come with a high percentage of saturated fat - For example, a 6oz steak contains 16g saturated fat

Fish and poultry are best sources of 'lean' (no saturated fat) protein - eg 6oz Salmon –4g saturated fat

## Benefits Of Increasing Your Protein Intake

- Protein is a hunger buster – helping you feel fuller for longer
- Protein has a gentle, steady effect on blood sugar
- You no longer 'crave' carbohydrates as sugar drop is not as significant
- Protein helps build muscle that keeps you younger longer
- It takes more energy to digest protein so you use more calories!

## How protein affects your weight

The widespread popularity of high protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. Another benefit of protein is that it raises your resting metabolism by maintaining muscle mass. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Protein also leads to a much less rapid rise and fall of blood sugar and insulin, so you avoid the "sugar highs and lows" after eating sweets without adequate protein. Certain foods, however, provide a healthier resource for protein than others.

## How Can We Get The Amount Of Protein We Need Each Day Without Taking In The Saturated Fat And Other Empty Calories That Could Be Harmful To Our Health?

### Consider the source

You can obtain healthy sources of protein without high levels of saturated fat. For example, soybeans, nuts and whole grains provide protein without much saturated fat and offer plenty of healthful fibre and micronutrients as well. If you're looking for yet another great way to obtain healthy protein, vegetable sources of protein found in Herbalife's Formula 1, are high quality and have lower calorie levels with virtually no added fat. Herbalife® products personalise your daily protein intake to match your body's needs. With a variety of shakes and snacks, the ShapeWorks® program helps you build or maintain lean muscle while providing healthy weight management support.



# THE PROTEIN FACTOR

## Tip:

The Soy Bean is a complete protein (it contains ALL 9 Essential Amino Acids) and it does not come with ANY saturated Fat!

### Other simple principles to follow:

#### 1. Eat breakfast like a King, midday like a Queen and evening like a Pauper

- Natural rhythm of body is to digest and assimilate food far more efficiently at midday  Eat 75% of your calories for the day by 4pm in afternoon
- Eat a small evening meal or divide it into 2 smaller portions
- Don't eat 2 hours before going to bed

#### 2. Snack little and often

- A large meal will cause elevated levels of insulin just like eating starch
- 'Little and often' sends the body the right signal – there is plenty of food so you can burn fat
- Keep your blood sugar at even levels – no mood swings or extreme hunger
- Keep hormone levels even

## Healthy Snacking Tips:

1. Take the 'I deserve a little reward' out of eating. Reward yourself with other things.
2. Buy or download low carbohydrate recipes and make snacks ahead of time
3. Make a menu and shopping list for the week – and STICK TO IT!
4. Only go down the supermarket aisles you NEED to in order to get the things on your list
5. Use Herbalife Protein Bars, Soy Nuts or High-Protein snacks after exercise



## THE PROTEIN FACTOR

### Are All High Protein Diets Created Equal?- A Clinical Study

A clinical study undertaken by the Obesity Research Group at the University of Ulm, Germany wanted to study the impact of different high protein diets on weight loss and on metabolic syndrome.

Metabolic syndrome consists of five risk factors that include high blood pressure, a large waist circumference, elevated blood sugar and triglycerides, and reduced blood levels of HDL cholesterol; all of which increase the risk of diabetes, hypertension, and heart disease.

The study consisted of male and female subjects who displayed metabolic syndrome and was split into two groups of 50 subjects each with both groups following a high protein diet.

The first group was instructed to follow a diet that supplied about twice the protein obtained from a typical diet by replacing two meals a day with Herbalife's European Formula 1 and eating one regular high protein meal each day.

The second group was also instructed to follow a high protein diet using regular grocery store foods with twice the amount of protein they normally ate.

Both groups followed this plan weight loss program for 3 months.

During the 3 month period, the group following the Herbalife program lost 72% more weight on average than those who tried to eat a high protein diet using regular foods.

After 3 months, both groups were instructed to follow the same high protein maintenance program using one Herbalife shake per day to replace a single meal. This is typically what people would use as a weight maintenance program with Herbalife once they have lost their initial weight.

They followed this regimen for 9 months. At the end of the 9 month study period, those who used the Herbalife products for the full 12 months were 50% more likely to have rid themselves of metabolic syndrome factors and lost over 200% more body fat than those who tried the high protein diet using conventional foods for the initial 3 month period.

#### **Conclusions:**

1. Using the Herbalife products for a high protein weight loss regimen is clinically proven to yield significant increases in weight loss over a conventional food based high protein weight loss program.
2. Continued use of the Herbalife products after a typical 90 day Herbalife weight loss plan is clinically proven to be a better way for subjects to maintain their initial weight loss, continue to reduce body fat and to reduce the risk of Metabolic syndrome symptoms.

#### **Recommended Actions Based Upon This Clinical Study:**

**We recommend the use of Herbalife products to support you during a weight loss program and the continued use of Herbalife products after initial weight loss has been experienced to help you maintain your results and further reduce your risk of heart disease.**



# THE PROTEIN FACTOR

## PROTEIN FOODS AT-A-GLANCE -The following is a list of foods and their protein content:

### DAIRY PRODUCTS

Product	Quantity	Protein Content (Grams)
Egg whites	7 whites	25
Cottage cheese (non-fat)	100g	28
Cheddar cheese (low-fat)	100g	30
Yogurt (non-fat, sugar-free with fruit)	245g pot	11
Yogurt (non-fat, plain)	245g	13
Milk (non-fat)	250ml	10

### MEATS

Product	Cooked weight	Protein Content (Grams)
Beef Sirloin Roasted (lean)	100g	26
Chicken breast	100g (oven cooked)	29
Turkey breast	100g	29
Turkey ham slices	100g	17
Pork tenderloin	100g	26

### FISH

Product	Weight	Protein Content (Grams)
Ocean-caught fish (cooked)	4oz/110g	29 to 31
Prawns, shrimp, crab (cooked)	3oz/85g	18 to 22
Tuna (water packed)	4oz/110g	27
Scallops (cooked) – 9 individual	4oz/110g	25

### BEANS, LENTILS AND GRAINS

Product	Quantity	Protein Content (Grams)
Beans (black, pinto, etc.)	2.4oz/60g	7
Lentils	2.4oz/60g	9
Quinoa	2.4oz/60g	6
Tofu	¼ block	7
Veggie burger	one burger	5 to 20 (varies by brand)

### HERBALIFE® FOODS

Product	Quantity	Protein Content (Grams)
Formula 1 shake	1 serving with 250ml Non-fat milk	18
Roasted Soy Nuts with Cardia® <sup>1</sup> Salt Protein Bar	One packet (1oz/28g)	11
Personalised Protein Powder	One bar (1.23oz/35g)	12
	100g	83 (6g spoon = 5 grams)

Protein content info taken from <http://www.nutritiondata.com>

<sup>1</sup> Cardia® is a registered trademark of Nutrition 21, Inc.





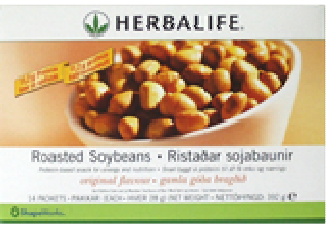
# THE PROTEIN FACTOR

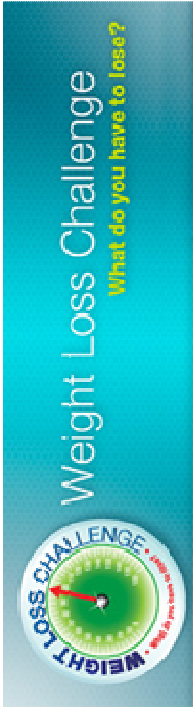
	<p>The body needs balanced nutrition to perform optimally. If you want to safely and comfortably control or maintain your weight, Formula 1, a meal in a glass for weight control, can help you to reach your goals with long-lasting results.</p> <p>A healthy meal with up to 23 essential vitamins, minerals and nutrients in four delicious flavours that can help support weight management programme.</p> <p>Can be mixed in many ways e.g. mix with 250ml of Soy Milk and 110gm of Fruit for a complete and satisfying meal!</p> <p><b>Key Benefits:</b>          A healthy meal for balanced nutrition          Manage weight, gain better health          Get 10.6*grams of Soy protein and healthy fibre (*based on Cookies &amp; Cream)          Nourish your body with Cellular Nutrition</p>
<p><b>Multivitamin Complex</b></p> 	<p>Herbalife® Multivitamin Complex is a nutritional supplement containing key vitamins and minerals and a unique blend of herbs to complement your daily diet. It is used in conjunction with Herbalife® Formula 1 shakes as part of your weight management program. A Cellular Nutrition-powered multivitamin with over 20 essential nutrients and antioxidants, including folic acid, calcium and iron.</p> <p>Ensure your consistent weight loss with great nutrition.</p> <p><b>Key Benefits:</b>          Essential nutrients for overall vitality          Support healthy weight management and your immune system          Promote healthy bones, skin and hair</p>
<p><b>Thermojetics Instant Herbal Beverage</b></p> 	<p>The perfect beverage – combining ancient herbal wisdom with modern day science, this low-calorie beverage contributes to your well-being and helps with normal vitality. A delicious instant tea with the antioxidant and thermogenic benefits of green and black tea and fast-acting botanicals for energy and weight-management support. Served either hot or cold and available in two flavours, Original and Peach.</p> <p><b>Key Benefits:</b>          Get an energy boost          Enjoy the benefits of green tea          Manage your weight          Low in calories and carbohydrates          Aerobics in a cup! Burn 80 calories with every glass or cup!          The more you drink the more you shrink!</p>



# THE PROTEIN FACTOR

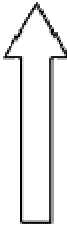
## Protein Products

<p><b>Personalised Protein Powder</b></p> 	<p>Your body needs adequate protein daily to stay strong and healthy. Personalised Protein Powder is a convenient fat-free way to supplement your diet with protein, helping you to stay lean and fit. It also allows you to personalise your protein intake. By consuming the correct amount of protein for your body you can help maintain lean muscle mass which increases your metabolism and helps you burn more calories. Most importantly, protein can help curb hunger so it's the perfect addition to your Formula 1 shakes.</p> <p><b>Key Benefits:</b>          10g of protein in each tablespoon measure          Satisfy and control hunger          Support adequate protein intake with low-fat, high quality vegetable based protein          Build and maintain lean muscle mass          Boost your metabolism with increased muscle mass</p>
<p><b>Protein Bars</b></p> 	<p>Enjoy a tasty Protein Bar as a healthy snack when you need a little extra energy or just fancy a sweet snack on-the-go. Each bar contains 10g of protein for sustained energy release. Use it as a snack or a dessert. Available in three tempting flavours: Vanilla Almond, Chocolate Peanut and Citrus Lemon.</p> <p><b>Key Benefits:</b>          10g of protein in each bar          Approximately 135 calories per bar          Super-chewy texture to last longer</p> <p><b>A box of 14 bars - pure indulgence!</b></p>
<p><b>Roasted Soybeans</b></p> 	<p>Roasted Soybeans are the ideal healthy snack when you want feel full for a little bit longer or fancy a savoury, crunchy snack on-the-go. Each serving contains 11.2g of protein and is seasoned with low-sodium salt. Packed with beneficial dietary fibre making this an all-round delicious, healthy treat that is filling, but not fattening, at just 100kcalories per pack!</p> <p><b>Key Benefits:</b>          11.2g of protein in each serving          Approximately 129 calories per pack          5g of fibre</p>



# WEIGHT LOSS CHALLENGE FOOD LOG

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Amount of <b>water</b> (in mls) drank.							
Amount (in grams) of <b>protein</b> eaten.							
Number of <b>calories</b> consumed.							
Amount of <b>exercise</b> (in minutes). Include type.							
<b>Food Log</b> : Write down everything you eat and drink.							
							





# Meal Plans

## Meal Plan “A” – 1200 Calories – 75/110 Grams Protein

Either:	Or:	Or:
<p><b>Breakfast</b>            1 Herbalife® Formula 1 shake mix + 250ml skim milk or soy milk + one ½ of a fresh mango</p>	<p>1 protein unit + 1 fruit            E.g. 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ grapefruit</p>	<p>4oz/100g non-fat cottage cheese + 4oz/100g pineapple</p>
<p><b>Lunch</b>            1 Herbalife® Formula 1 shake + 1 fruit: 3 large end scoops (3 tablespoons) Formula 1 Shake Mix + 250ml Skim milk or soy milk + 1 x 4oz/110g strawberries</p>	<p>1 protein unit + 2 vegetables + salad + 1 fruit            E.g. 3oz/85g roasted chicken breast + 8oz/220g steamed broccoli + salad greens with seasoned vinegar + one large orange</p>	
<p><b>P.M. Snack</b>            1 protein snack + 1 fruit            E.g. Herbalife® Protein Bar + 1 medium apple</p>		
<p><b>Dinner</b>            2 protein units + 2 vegetables + salad + 1 grain + 1 fruit            E.g. 8oz/220g grilled fish with teriyaki sauce + 4oz/110g steamed spinach + 4oz/110g steamed carrots + mixed green salad + 2oz/55g brown rice + 4oz/110g mixed honeydew and rockmelon cubes</p>		



# Meal Plans

## Meal Plan “B” – 1500 Calories 115-135 Grams of Protein

Either:	Or:	Or:
---------	-----	-----

### Breakfast

1 Herbalife® Formula 1 shake mix + 250ml skim milk or soy milk + one ½ of a fresh mango

1 protein unit + 1 fruit  
E.g.: 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ grapefruit

1 cup (100g) non-fat cottage cheese + 1 cup (100g) pineapple

### A.M. Snack

1 protein snack  
E.g.: Herbalife® Protein Bar

### Lunch

1 Herbalife® Formula 1 shake + 1 fruit: 3 large end scoops (3 tablespoons) Formula 1 Shake Mix + 250ml skim milk or soy milk + 1 x 4oz/110g strawberries

2 protein units + 2 vegetables + salad + 1 grain + 1 fruit  
E.g. 6 -8 ounces/170-220g roasted chicken or turkey breast, fish, tuna or shellfish + 8oz/220g steamed green beans + salad greens with light dressing + 2oz/55g cup brown rice + one large orange

### P.M. Snack

1 protein snack + 1 fruit  
E.g.: 1 packet Herbalife® Roasted Soybeans + 1 medium apple

### Dinner

2 protein units + 2 vegetables + salad + 1 grain + 1 fruit  
E.g.: 8oz/220g grilled fish with teriyaki sauce + 4oz/110g steamed spinach + 4oz/110g steamed carrots + mixed green salad + 2oz/55g brown rice + 4oz/110g mixed honeydew and rockmelon cubes



# Meal Plans

## Meal Plan “C” – 1800 Calories 135-150 Grams of Protein

Either:	Or:	Or:
<b>Breakfast</b> 1 Herbalife® Formula 1 shake mix + 250ml skim milk or soy milk + one ½ of a fresh mango	1 protein unit + 1 fruit E.g. 7 egg whites (hard boiled or cooked with pan spray (olive oil) as an omelette) + ½ wholegrain muffin + ½ grapefruit	2oz/55g non-fat cottage cheese + 1 slice wholegrain toast + 2oz/55g pineapple

<b>A.M. Snack</b> 1 protein snack E.g. Herbalife® Protein Bar		
---	--	--

<b>Lunch</b> 1 Herbalife® Formula 1 shake + 1 fruit: 3 large end scoops (3 tablespoons) Formula 1 Shake Mix + 250ml skim milk or soy milk + 1 x 4oz/110g strawberries	2 protein units + 2 vegetables + salad + 1 grain + 1 fruit E.g.: 3oz/85g chicken or turkey breast, fish, tuna or shellfish on one slice of wholegrain bread + 4oz/110g chopped vegetables + 200ml tomato juice + large mixed salad greens + one large orange	
--	---	--

<b>P.M. Snack</b> 1 protein snack + 1 fruit E.g. 1 Herbalife® Protein Bar + 1 medium apple	1 packet Herbalife® Roasted Soybeans + one fresh orange	
--	---	--

**Dinner**  
 2 protein units + 2 vegetables + salad + 1 grain + 1 fruit  
 E.g. 6 to 8 oz/170-220g grilled fish with teriyaki sauce + 4oz/110g steamed spinach + 4oz/110g steamed carrots + tossed green salad with light dressing + 4oz/110g wholegrain pasta + 4oz/110g watermelon



## Food Lists For Meal Plans

### Protein Foods

FOOD ITEM	REFERENCE SIZE	CALORIES	PROTEIN(Grams)
Egg whites	7 whites	115	25
Cottage cheese	Nonfat 125ml	140	28
Herbalife® Formula 1 Shake Mix + Soy milk or Skim Milk	3 tablespoons + 1 cup Soy Milk or Skim Milk	180	18
Beef	Lean 85gm cooked weight	145-160	25
Chicken breast	85gm, cooked weight	140	25
Turkey breast	85gm, cooked weight	135	25
Turkey Ham	110gm, cooked weight	135	18
Ocean-caught fish	110gm, cooked weight	130-170	25-31
Prawns, crab, lobster	110gm, cooked weight	120	22-24
Tuna	110gm, water packed	145	27
Scallops	110gm, cooked weight	135	25

### Vegetarian

Soy Bacon (varies)	4 slices	80	21
Soy Hot Dogs (varies)	2 links	110	22
Soy Mince	30 gms	120	24
Soy Burgers	2 burgers	160	26
Tofu, firm (varies)	60gms	180	20



# Food Lists For Meal Plans

## Fruits

FOOD ITEM	REFERENCE SIZE	CALORIES	PROTEIN(Grams)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average fruit	80	2
Banana	1 small	100	3
Blackberries	113gm	75	8
Blueberries	113 gm	110	5
Rockmelon	1 cup cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew Melon	113gm cubed	60	1
Kiwifruit	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup, diced	75	2
Plums	2 small	70	2
Strawberries	1 cup, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1



## Food Lists For Meal Plans

### Cooked Vegetables

FOOD ITEM	REFERENCE SIZE	CALORIES	PROTEIN(Grams)
Squash	113gBaked	85	6
Artichoke	1 medium	60	6
Asparagus	113gm	45	4
Beets	113gm	75	3
Broccoli	113gm	45	5
Cabbage	113gm	35	4
Cauliflower	113gm	30	3
Carrots	113gm	70	5
Celery	113g, diced	20	2
Chinese Cabbage	113gm	20	3
Collard Greens	113gm	50	5
Com	1 cob	75	2
Eggplant	113gm	30	3
Green Beans	113gm	45	4
Green Peas	113gm	140	8
Kale	113gm	35	3
Leeks	113gm	30	1
Mushrooms	113gm	40	3
Mustard greens	113 gm	20	3
Onion	113 gm	105	4
Pumpkin	113 gm	50	3
Red Cabbage	113 gm	30	3
Spinach	113 gm	40	4
Sweet Potato	113 gm	200	4
Swiss Chard	113 gm	20	2



# Food Lists For Meal Plans

## Protein Snacks

FOOD ITEM	SIZE	CALORIES	PROTEIN(Grams)
Cheese Mozzarella, low-fat	28gms (1 stick)	70	8
Cottage Cheese, nonfat	½ cup	70	14
Egg, hardboiled	1	80	4
Herbalife® Protein Bar	1 bar	135	10
Milk, nonfat or 1%	1 cup	90-110	9
Soup, Tomato, made with nonfat milk	1 cup	120	6
Soy crisps	28gms (about 17)	110	7
Herbalife® Roasted Soy Nuts with Cardia®* Salt	1 packet	110	11
Yoghurt, nonfat, sugar-free	1x170ml carton	100	5