

Protein-Rich Diet Boosts Benefit Of Exercise

(NAPSA)—Everyone knows that a smart weight-loss program combines diet and exercise, but a new University of Illinois study reports that exercise is much more effective when it's coupled with a protein-rich diet. Study participants who enjoyed more high-quality proteins in place of carbohydrates, along with regular activity, like walking, stretching and strength training, lost more weight and almost 100 percent of it was fat, while they maintained lean muscle mass.

"There's an additive, interactive effect when a protein-rich diet is combined with exercise," said Donald Layman, Ph.D., a University of Illinois professor of food science and human nutrition and lead researcher on the study. "The two work together to correct body composition; dieters lose more weight and they lose fat, not muscle."

Forty-eight adult women participated in the 4-month study, published in the August 2005 issue of the *Journal of Nutrition*. One group ate a protein-rich diet and a second group consumed a diet that contained higher amounts of carbohydrates. Both groups consumed the same number of calories, but the first group substituted high-quality protein foods, such as lean meats, lowfat dairy and eggs, for some of the foods high in carbohydrates, such as breads, rice, cereal, pasta and potatoes.

"Both diets work because when you restrict calories, you lose weight. But the people on the higher-protein diet lost more weight," said Layman. "The pro-

Tips To Get Lean With Protein

Building Block Breakfasts

- Make that coffee a latte. The lowfat milk will give you a high-quality protein boost.
- Power up your pita. Fill a whole grain pita with scrambled eggs for a portable breakfast.

Maximized Mid-Day Munchies

- Pack a snack. Carry beef jerky for a handy protein-powered treat.
- Mix 'n' match. Add some lowfat cheese to apple slices for a savory snack.

Lean Lunches

- Add some flavor. Grilled sirloin or tuna steak add a sizzle to any salad.
- Take it with you. Hard-boiled eggs are easy ways to add protein to any meal.

Satisfying Suppers

- Mix things up. Sliced flank steak or boneless, skinless poultry will give a protein boost to any stir-fry.
- Make it a power meal. Great-tasting beef tenderloin helps you get the most from dinner.



tein-rich diet also dramatically lowered triglycerides and had a statistically significant effect on abdominal fat, both risk factors associated with heart disease."

According to Layman, a diet including high-quality proteins, such as lean beef, lowfat dairy products and eggs, can improve the overall quality of your diet while helping you lose weight too.

For more tips on how to incorporate high-quality protein into your diet, visit www.BeefItsWhatsForDinner.com.