



GREEN DOOR HEALTH

HERBAL APOTHECARY & CLINIC



Fin Mackenzie BHSc Naturopath | Address: Green Door Health Suite 24 Waratah Court, 12 Waratah St Mona Vale NSW 2103
Call: 02 9913 9781 or 0438 394 069 | Email: info@greendoorhealth.com.au | Web: www.greendoorhealth.com.au

One Easy Step to More Energy!

The first thing I notice when people come into my clinic is that they are usually lacking something. Patients tell me its energy, for others good quality sleep or a holiday! When I look into their diets I can very quickly see that something is amiss. Those patients who crave sugar and have problems with fatigue are lacking this essential thing. Those who work out or are often sick are also frequently deficient. Even children can be lacking this vital nutrient.

What could it be I hear you ask? Protein of course!

Protein is the essential building block of muscle, a vital component of our immune system and an essential part of every chemical reaction in our body.

Proteins are made up of chains of amino acids. You may recognize these names: Histadine, Isoleucine, Leucine, Lysine, Methionine, Phenylalaline, Threonine, Tryptophan, Valine. These are the 9 Essential Amino Acids and they need to be eaten in the diet in order for us to be healthy. Protein deficiency states lead to conditions such as kwashiorkor common in places like Africa.

Ok scientific explanations over! What you need to know is that most people do not consume the recommended daily protein requirement for their weight or age. The most easily remembered way to find out how much protein you need every day is this: **1kg body weight = 1g pure protein**

Table 1: Protein Estimations

120g chicken,lamb,beef	20g protein
100g tuna/160g fish/135g lentils/220g baked beans	20g protein
½ cup natural yoghurt	7g protein
1 egg/ ½ cup oats	5g protein
25g nuts/90g tofu	10g protein
2 slices wholemeal bread	10g protein

So you can see that someone who weighs 70kg needs to eat 70g of protein a day. A 120g chicken breast is 20g of protein and not 120g of protein. Another thing to remember is that there are 4 groups of vegetarian proteins: whole-grains, beans/legumes, nuts/seeds, dairy. Some people do not want to eat meat and it is possible to get enough protein from vegetarian sources as long as you do one important thing...

Combine 2 vegetarian proteins in one meal.

This means beans with whole grains eg. Baked beans on wholegrain toast = 30g protein or lentil dahl with brown rice = 27g protein or natural yoghurt with almonds = 17g protein.

Then you will get all the essential amino acids. Most vegetarian proteins do not have all 9 but if you combine them you may get 5 in one and 4 in another equals 9. Some vegetarian proteins are complete and those are quinoa and tofu.

So are you eating enough protein? An important rule to follow is each portion of meat or fish should be the size and thickness of your palm as your body will usually only absorb 20g of protein in one sitting. Athletes, pregnant & breastfeeding women and those with certain medical conditions may have different protein requirements.

Eating enough protein everyday will have dramatic effects on your energy levels and stimulate your metabolism. You may find that your sugar cravings have ceased, you lose weight and you don't snack as much. If you snack choose protein rich foods like Houmus a fantastic source of protein using the rule above, pulses + seeds = complete protein. 100g Houmus has about 10g complete protein so eating it with crudités like carrot and celery sticks or brown rice crackers is a fantastic snack!

So every meal you eat ask yourself this important question
"Where is the protein coming from?"