How does protein help with weight loss?

A protein rich diet is a strategy that's used by many athletes and fitness enthusiasts, it means that every meal should include protein, about 30% of total calories consumed. Research shows that increased protein diets (about 30% protein) not only help with better weight loss but also help keep the weight off.

1. Protein saves muscle mass while losing weight.
When you drop weight on any diet or cardio training, you will lose both fat and muscle. Diets that have more protein (30% and more),preserve muscle mass and also speed up your metabolism. For example, one pound of muscle burns approximately 30-50 calories per day so by having more muscles will translate to better and faster metabolism

2. Increase the loss of body fat.
High-protein and low-carb diets improve the total body-fat lost, due to the lower insulin effect of a lower carbohydrate diet. Keep in mind that too much insulin stimulates fat storage.

3. Metabolic benefits of protein.
There is a caloric expense of digesting food called the thermogenic effect and the caloric expense for protein is the highest. It can take up to 35% of a protein's caloric value for the body to break it down, while it only takes about 2% of a fat's caloric value. It's harder for the body to digest protein when compared to carbohydrates and fats, so fewer overall calories are offered for the body.

4. Protein helps to control appetite.
Protein makes you feel fuller sooner and manages your hunger more efficiently than carbohydrates or fat.
But don't neglect balance and diversity in your diet, your body also needs carbs and fats for optimum health. It's smart to include protein with every meal, and diets rich with unprocessed carbs and healthy fats are also encouraged..

A fat burner that gives you better vascularity and improved pumps in the gym? Compound 20 is a safe but effective caffeine-free fat burner. Continue to http://www.better-weight-loss.com/ to read more.