

ANIMAL BASED PROTEIN

1 SERVING DAILY (1 serving = 3 ounces)

NOTE: lean red meat, 0-1 serving/week; dairy/eggs 0-3 servings/week (1 cup milk/yogurt, 1 oz low-fat cheese, 1 egg); fish, 3-4 servings/week; poultry, 1-2 servings/week.



Total daily protein (plant plus animal) should be 9-15% of daily protein. The average American currently consumes 16% of their calories as protein, predominately as meat. A healthy recommendation is 10% of protein after you have reached a healthy weight. As we learned from the protein chapters, the recommended amount (0.8 g/day) for a healthy 75-kilogram (165 pounds ideal body weight, not current body weight) person is 60 grams and roughly 50 grams for the average lady. A senior should have 1.0-1.2 g/day or 75-90 grams. During weight loss we also want to maximize muscle stability and require 25-35 grams per meal or 70 grams total (two meals/day) per day. These protein levels are WITH exercise.

This is *TOTAL* protein, plant plus animal. How much is animal vs plant protein? Healthy Mediterranean diets range from 45% (Egypt) animal protein, 50% (Greece) animal protein to 62% (Italy) animal protein.

Limiting our diet to 35-45 grams or less of animal protein daily during weight loss is very reasonable and *easily doable*.

Of this, red meat should be 1-2 times MONTHLY on a true Mediterranean healthy diet (many references have ZERO servings of red meat). The diet I'm advocating is generous and allows red meat once a week.

Let's start with red meat choices. There are two amino acids that will be our determining ingredients: leucine and methionine. Methionine is toxic and should be limited to 1.7 grams or less per day. Leucine, while also antiaging, is unique in that we need it to turn on our protein making machinery. We should get around 2-2.2 grams max per meal. More leucine does not equate into more muscle. It's basically an on/off switch. These essential amino acids are predominately animal based.

The other important nutrient is *fats*. We want to limit saturated fats (<10% calories) and maximize polyunsaturated fats, especially *omega-3*. That also means little red meat (saturated fat) and lots of fish (omega-3).

So, two meals per day. 25-35 grams of protein per meal to stimulate muscle growth. Limit daily methionine to <1.7 grams and aim for leucine to be 2.0-2.2 grams per meal. Total daily protein (plant and animal combined) allowing a generous 15% daily protein. If you are on a low-calorie restricted diet, you still need the 50-70 grams of total protein irrespective of what dietary percentage that becomes in order to maintain your muscles. In another words, on a low-calorie diet protein will be somewhere around 20% of total calories.

RED MEAT – A Group 2A Carcinogenic (probably carcinogenic)

We already learned that processed meats are a group 1 carcinogen meaning, processed meats *do* promote cancer in humans. Unfortunately, red meats are also linked to cancer in addition to heart disease and diabetes. Red meats are red when raw and include beef, lamb, and pork. ALL livestock are red meat. I know the TV commercial says, “pork, the other white meat” but let me break it to you — *it ain't white!*

Because red meat is such a hot topic for all my patients (the average American currently consumes 18oz of red meat per week), I want to spend a little time reviewing some recommendations for it.

ALL responsible guidelines state to avoid processed red meat, a known carcinogen, as previously discussed. For unprocessed red meat you should only use lean meat. Lean red meat has less than 10 grams of fat, less than 4.5 grams of saturated fat and less than 95 mg of cholesterol per 100 grams of meat.

JUST IN CASE YOU ARE FAMILIAR WITH THE CANCER COUNCIL AND NutriRECS GUIDELINES. THIS IS FOR YOU!

The Cancer Council recommends no more than 1 serving of lean red meat per day or 2 servings 3-4 times per week. A serving is 100 grams or a little less than 4 ounces. NO processed meat.

The World Cancer Research Fund recommends no more than three portions of lean red meat per week, roughly 350 grams. NO processed meat.

The Nutritional Recommendations (NutriRECS) guidelines from the *American College of Physicians* recommended that there was no need to reduce the current level of 3 to 4 servings per week, on average, of processed and unprocessed red meat. These are the *only* sources recommending such high levels and suggesting that Americans should not reduce meat consumption.

WHAT??!! I just told you to limit it to less than once a week. Here are some other expert opinions of those recommendations (heavily biased by the meat industry).

Here is the opinion of *Harvard School of Public Health* about this ludicrous position:

The new guidelines (NutriRECS) are not justified as they contradict the evidence generated from their own meta-analyses. Among the five published systematic reviews, three meta-analyses basically confirmed previous findings on red meat and negative health effects. The publication of these studies and the meat guidelines in a major medical journal is unfortunate because

following the new guidelines may potentially harm individuals' health, public health, and planetary health. It may also harm the credibility of nutrition science and erode public trust in scientific research.

Here are the repercussions of that guideline from some other physician groups.

As a result of the NutriRECS guideline of not changing our current pattern of meat consumptions the Physicians Committee for Responsible Medicine, a nonprofit with 12,000 doctor members, filed a petition with the Federal Trade Commission to correct false statements regarding consumption of red and processed meat released by the Annals of Internal Medicine, a publication of the American College of Physicians.

Numerous other health authorities joined the Physicians Committee in its opposition to AIM's false messaging. David L. Katz, MD, MPH, Yale University Prevention Research Center and president of the True Health Initiative (THI), a global coalition of health experts, says in a THI statement, "All of the papers show adverse effects on all-cause mortality, cardiovascular disease, cancer, and diabetes, of meat and processed meat consumption, ... The guidelines being published are at odds with the data in the very papers on which they claim to be based."

Needless to say, I also find the report extremely bias and prejudicial. The meat industry is very powerful.

2015-2020 Dietary Guidelines for Americans (USDA) recommend limiting red meat, poultry, and eggs to a total of 26 ounces per week (that's all animal protein except fish). Roughly 3-4 ounces per day (this includes dairy and eggs). Red meat should be limited to one weekly serving of lean red meat.

The Mediterranean diet really does not include red meat, it is primarily fish and white meat. The average red meat consumption is one serving (3-4 oz) once or twice monthly. Because this is America and provides cultural convenience, we will allow one to two three-ounce servings of red meat per week. I know, THREE OUNCES! ONCE OR TWICE WEEKLY! Who do I think I am suggesting this? Even in the 1960s Americans ate 10 ounces of meat (red and white) **daily** (compare to 1/3 ounce in Japan, 1 ounce in Greece or 3 ounces in Italy). We want a 14-ounce bone-in rib-eye, or a 6-ounce "petite" filet mignon, or a juicy ½ pound (8-ounce) burger. And, we want our red meat *every day*. Rib eye was my personal favorite. Studies show that the health risk of red meat goes up exponentially with even less than one serving. I told you I would show you how to be healthy. I didn't say you would like it — at least not in the beginning. Your tastes will change with time. Give it a chance.

Red Meat – This includes beef, lamb, pork, veal

Serving/Frequency: 3 ounce, 3-4 times a month

Lean Beef – 3 ounce serving, fat trimmed

- Briskit flat half, choice
- Chuck eye, ribs, choice
- Chuck eye, steak, choice
- Round steak, Knuckle (sirloin tip)
- Shoulder pot roast
- Shoulder top blade

- Tri-tip
- Ground beef, both 90% and 95% lean
- Flank steak
- Rib eye, small end

Average nutrition per serving:

Calories – 130; Protein – 18 grams; Total fat – 6.25 grams; Saturated fat – 2.5 grams;
Monounsaturated fat – 2.9 grams; Polyunsaturated fat – 0.35 grams; Cholesterol – 55 milligrams

Lean Lamb – 3 ounce serving, fat trimmed

- Foreshank, choice
- Leg, shank half, choice
- Leg, whole, shank/sirloin, choice
- Leg, Sirloin half, choice
- Shoulder, arm
- Shoulder, blade
- Loin

Average nutrition per serving:

Calories – 115; Protein – 17 grams; Total fat – 4.35 grams; Saturated fat – 1.6 grams;
Monounsaturated fat – 1.75 grams; Polyunsaturated fat – 0.4 grams; Cholesterol – 56 grams

Pork – 3 ounce serving

- Center loin, chop/roast, lean only
- Center loin, chop/roast, lean & fat

Average nutrition per serving:

Calories – 126; Protein – 18 grams; Total fat – 5.42 grams; Saturated fat – 1.75 grams;
Monounsaturated fat – 2.1 grams; Polyunsaturated fat – 0.7 grams; Cholesterol – 59 milligrams

Misc – 3 ounce serving

- Frog legs
- Elk, ground
- Antelope
- Goat
- Rabbit
- Bison, Ground

Average nutrition per serving:

Calories – 93; Protein – 17 grams; Total fat – 2.27 grams; Saturated fat – 0.8 grams;
Monounsaturated fat – 0.8 grams; Polyunsaturated fat – 0.25 grams; Cholesterol – 48 milligrams

White Meat – Poultry & Fish (fish has a separate section, but is a white meat)

Poultry – 3 ounce serving

Serving/Frequency: Poultry, 3-ounce serving, 1-3 times per week

- Chicken Breast with or without skin
- Chicken leg, no skin
- Cornish game hen, no skin
- Duck meat, no skin
- Emu, ground
- Goose, meat only
- Guinea hen, with or without skin
- Ostrich, ground
- Pheasant, breast or leg, no skin
- Quail, no skin
- Squab, no skin
- Turkey, (breast, thigh or drumstick) with or without skin
- Turkey, ground

COMMENT: poultry is good, but without the skin. Once you include the fatty skin it is no longer a lean meat. The only exceptions are chicken or turkey breast, emu, and Guinea hen.

Average nutrition per serving:

Calories – 114; Protein – 18 grams; Total fat – 4.3 grams; Saturated fat – 1.2 grams;
Monounsaturated fat – 1.3 grams; Polyunsaturated fat – 0.9 grams; Cholesterol – 61 milligrams

Eggs & Dairy – This includes eggs, cheese and milk products

Eggs – up to 4 chicken eggs (63 gram each) per week. Can have additional egg whites.

- Chicken, medium egg (21 ounce/dozen; large 24 oz; extra large 27 oz; jumbo 30 oz)
- Duck
- Goose
- Quail
- Turkey

Average nutrition per medium egg serving:

Calories – 60; Protein – 6 grams; Total fat – 4 grams; Cholesterol – 165 milligrams

Skim milk – 1 cup; calories 80; Protein – 8 g; Total fat – 0; cholesterol – 5 mg; sugars – 11 g

Yogurt, plain, nonfat – 6 ounces; calories 90; Protein – 9 grams; Total fat – 0 grams; Cholesterol 5 mg; sugar 12 g.

Cheese

- Brie cheese – 1oz

- Goat cheese – 1 oz
- Feta cheese – 1 oz

Average nutrition per 1-ounce serving of cheese:

Calories – 98; Protein – 6.7 grams; Total fat – 7.6 grams; Saturated fat – 5.1 grams;
Monounsaturated fat – 1.9 grams; Polyunsaturated fat – 0.2 grams; Cholesterol – 23 milligrams