PROTEIN 101: Let’s Start with the Basics
Protein is one of the most plentiful substances in our bodies, comprising about 18% of total body weight. Protein provides the body with the components it needs to create, maintain, and repair every cell and tissue. The metabolic processes that keep our bodies running are regulated by some proteins (hormones) and catalyzed by other proteins (enzymes); still others (antibodies) protect our bodies against infectious invaders. Since our bodies cannot store protein, we need a continuous supply from our diet.

Protein is basically a folded string of small chemical units called amino acids. The body breaks down dietary proteins into its amino acid components and combines and recombines them to produce the protein combinations needed to form cells, body tissues, enzymes, etc. Of the 22 amino acids involved in human nutrition, 9 are termed “essential” because they cannot be made by the body and therefore must be supplied daily in the food we eat. Essential amino acids include Arginine (essential for children only), Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine. Non-essential amino acids that our body can synthesize include Alanine, Asparagine, Aspartic Acid, Cysteine, Cystine, Glutamic Acid, Glutamine, Glycine, Hydroxyproline, Proline, Serine and Tyrosine.

Although protein comes in many forms, not all dietary protein sources are nutritionally equal. The ratio of the essential amino acids dictates the “quality” of a protein. Because the body assembles available amino acids into needed combinations, a protein’s nutritional value is limited by its least abundant essential amino acid. The nutritive value of a protein is determined by the degree to which the protein’s amino acid profile matches the body’s amino acid needs. The better the match, the higher the value. This value is expressed as the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and is based upon human amino acid requirements. An excellent PDCAAS score is 1.0. All GNLD protein products have a PDCAAS greater than 1.0.

The Skinny on GR² Control Meal Replacement Protein Shakes
GNLD scientifically blends all of its protein from several natural sources to achieve superior amino acid profiles. Here’s why the GR² Control Meal Replacement Protein Shakes are the key component of your weight loss program:
• Scientifically researched and formulated by the GNLD Scientific Advisory Board /Global Science Network to include correctly balanced amounts of vitamins, minerals, protein, fats, and carbohydrates to ensure fast, safe, controlled weight loss.
• Clinically tested and proven to deliver Glycemic Response Control.*
• Exclusive glycemic response formula helps to minimize fat storage and increase the amount of fat your body burns.
• Contains “glycemic edge” carbohydrates that provide lasting energy and encourage your body to stay in a fat burning mode.
• Delicious and satisfying. GR2 Control Meal Replacement Protein Shake offers variety and taste satisfaction with two fantastic flavors: Chocolate Dream and Vanilla Whisper.
• Mixes in water for ease, convenience, and great taste.
• Complete meal replacement. Each serving supplies at least 1/3 of the Daily Value for 22 essential vitamins and minerals, plus a wide range of other important nutritional factors.
• Provides all 22 amino acids involved in human nutrition. Each serving provides approximately half the Daily Value for protein when mixed with water.
• Has a PDCAAS score 1.31.

Human Clinical Trials

GR2 Control was tested in a leading research facility to prove that it does help the body to control its glycemic response. Subjects were given a serving of GR2 Control Meal Replacement Protein Shake and blood samples were taken afterward to determine the glycemic response the body produced to process the drink. A mass market competitor’s weight loss drink and a typical American breakfast were also tested in the same manner. When the results were compared, the response with GR2 Control’s was consistently more stable and lower than all of the other products that were tested. This study was published October 2001 and presented by SAB member Dr. Arianna Carughi at the 42nd Annual Meeting of the American College of Nutrition to the scientific community. The trial results were later published in the Journal of the American College of Nutrition (Vol. 20; No 5, Oct. 2001)
Research shows that health advantages can be gained by keeping the body’s glycemic response as controlled as possible. Eating a lower glycemic response diet results in lower, less dramatic elevations of blood glucose, which in turn means less insulin is secreted. Lower insulin secretion helps reduce the risk of diabetes because the body’s ability to make insulin is not continually overtaxed and also reduces the risk of heart disease.

Low glycemic response foods are converted to glucose and enter into the bloodstream slower than higher glycemic response foods, which not only provides more lasting energy but also ensures that blood glucose levels stay within “safe” parameters. The result is a longer period of satiety (the state of hunger satisfaction) before hunger signals return which tends to lower the amount of food consumed.

Controlled glycemic response is important for weight loss since higher demand for insulin secretion as a high blood glucose levels causes the body to go into fat storage mode. As large amounts of glucose are cleared from the blood, it has nowhere else to go but be converted to fat and stored. High blood glucose also signals the body that energy is abundant so fat burning is halted and fat retention is favored. When this process repeats itself over and over throughout the day, week after week, month after month, year after year, the body is predisposed to gaining fat.

GR’s Glycemic Response Control offers three very important weight loss advantages

1. Glycemic levels are kept in the “controlled zone” so insulin secretions are correspondingly low, blood glucose levels are sustained over prolonged periods, feelings of hunger are staved off longer, and fewer overall calories are consumed.

2. Because blood glucose is not constantly being cleared from the blood, fat conversion and storage are greatly reduced.

3. When fat storage is slowed, fat burning is increased. Over time, that means you lose weight!
Tips on Staying on Track during the Party Season

With holidays and parties of all kinds throughout the year, it’s important to know how to enjoy yourself and still meet your weight loss goals. Here are a number of tried and true party strategies that really work:

1. Never go to a party hungry. To keep from overeating, have a mini-meal or snack before the party begins.
2. Plan to spend time with friends and family and let the conversation be your top priority instead of focusing your attention on the food.
3. When you get to the party, take a survey of all the food choices before eating anything and selectively choose only those foods that you enjoy the most. Experts recommend you choose a few foods that you really enjoy and remember to leave room and calories for dessert. Do not graze (which means sampling as you move throughout the room).
4. Use a small plate and only eat foods from your plate vs. from the butler tray directly to your mouth; also try to limit your munching for the entire event to one plateful of food. When your plate is full, walk away from the food and head to the other side of the room.
5. Hold a non-calorie beverage in your hand for the duration of the event (makes it hard to hold food in addition if you’re tempted to go back for seconds).
6. Keep active before, during and after the party; consider a workout before the party, a walk during the party if appropriate, and a walk after the party.
7. And, perhaps most importantly, if you are earnestly following the GR² Control Program, and you find you partied more than you expected to, DO NOT BEAT YOURSELF UP. Instead, recommit to getting right back on track the following day. Remember, weight management is a lifelong process with its natural and normal ups and downs. It’s OK if you lose a battle as long as you win the war. Stay positive, stay motivated, and believe in yourself.

Easy Grilled Salmon Salad

**Ingredients**

- 2 (1 1/2 pound) salmon fillets
- 2 celery ribs, chopped
- 2 cups mixed greens
- 1/2 cup finely chopped red onion
- 2 tablespoons snipped fresh dill

**Dressing**

- 1/4 cup raspberry vinegar
- 1 tablespoon olive or canola oil
- 1 1/2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**Directions**

1. Coat grill rack with nonstick cooking spray before starting the grill. Cut salmon fillets widthwise into 4-inch pieces; place skin side down on grill. Grill, covered, over medium-hot heat for 12-15 minutes or until fish flakes easily with a fork. Cover and refrigerate for 1 hour.
2. Bone, skin and flake salmon; place in a bowl along with mixed greens. Add celery, onion and dill. Combine the dressing ingredients; pour over salad and gently toss to coat. Serve or refrigerate; stir before serving.

Yields 4 1-cup servings.

Source: AllRecipes.com

**Nutritional Information**

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