

## Protective Diet Class #003

### Protein Sources & Ideal Amounts

*Understand why diets and advertisements put so much focus on protein. Learn how high-protein diets contribute to disease and confidently explain to your friends and family how you get protective protein in every meal on a Protective Diet.*

#### Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support and encouragement.

#### Vocabulary

Macronutrients	Carbohydrates	Atkins Diet	Dairy Protein
Fiber	Proteins	Paleolithic Diet	Plant Protein
RDA	Fats	IGF1	The China Study
Nutritional Yeast	Vitamin B-12	Protein Powder Supplement	Casein

#### Action Steps for Protective Protein

- Put Protein in its Proper Place**
  - Whole foods contain 3 macronutrients: Fats, Carbohydrates & Protein along with water and fiber
  - Protein has been incorrectly put in the position of greatest importance as ideal for health, weight loss & muscle building
  - High-protein diets (Atkins & Paleo) are at the peak of popularity; they lean down the body while increasing disease risk
  - RECOMMENDED DAILY ALLOWANCE (RDA)** for protein consumption is 8-10% of our calories = 2.2g-2.8g/100 calories
    - 33g/day for women and 42g/day for men eating 1500 calories/day
    - 44g/day for women and 56g/day for men eating 2000 calories/day
- Eliminate Damaging Sources of Protein**
  - ALL ANIMAL PROTEIN**
    - promotes the hormone IGF1, produced in the liver
    - IGF1 tells the body to grow everything, including dormant cancer cells, causing premature aging and disease
    - blocks the conversion of the hormone that produces Vitamin D in the body
    - people with low levels of vitamin D and high levels of cancer, generally eat a diet rich in animal proteins and saturated fat
    - organic meat is not better; still carcinogenic when cooked, high in cholesterol, high in saturated fat, and acidic
  - DAIRY PROTEIN/CASEIN**
    - promotes IGF1, just like meat
    - turns on and off cancer -- proven by Dr. Campbell in The China Study
  - PROTEIN POWDERS**
    - extracted food: pea protein, soy protein powder, whey protein (dairy protein)
    - causes an imbalance in the diet; contains no carbohydrates, no fiber, no fat...the body doesn't recognize it
- Eat Plant-Based Protein for Optimal Health**
  - every whole plant food contains protein perfectly packaged with fiber, carbohydrate and fat
  - decreases IGF1, even when consumed in high amounts
  - ideal protein for cell repair and renewal without causing too much growth and damage
  - protects the body from fast growing tumors/fast growth of any kind & premature aging
- Educate: "How Do You Get Your Protein on a Protective Diet?"**
  - There is no lack of protein in our diet; eating whole plant foods you will automatically consume enough protein
  - On a Protective Diet protein RDA is achieved in every meal; One serving of [PD Baked Mac & Cheeze](#) meets the RDA

ALL Plants Contain Protein. Examples:	
1 cup Oats	6g
2 slices Ezekiel Bread	8g
1 cup Cooked Spinach	13.5g
1 cup Beans	12g
1 cup Lentils	18g

Protein in 1 serving PD Baked Mac & Cheeze	
1 cup Soymilk	7g
¼ lb Whole Grain Pasta	16.5g
¼ cup Nutritional Yeast	8g
1 cup Green Peas	6.6g
<b>TOTAL</b>	<b>~38g</b>

- [Nutritional Yeast](#) is a complete protein & a good source of Vitamin B-12 in a lot of Protective Diet [recipes](#)
- This yeast is not related to candida or other yeasts and will not cause yeast overgrowth
- [Vitamin B-12](#) is lacking in everyone's diet because factory farmed meats are deficient in it.
- will color your urine brighter/neon because of vitamin B-12
- made by growing bacteria on top of beets; the bacteria grows Vitamin B-12
- high in protein and tastes delicious, like cheeze

### Cooking Tips

- [Methyl B-12](#) is the best source of [Vitamin B-12](#) because it doesn't contain sweeteners
- Order [Nutritional Yeast](#) in bulk. It doesn't go bad so buying in bulk is fine.
- To reheat food without using a microwave, put it back in the oven or reheat on the stove. You may need to add liquid.
- For hot food on the go, pack it in a [Thermos](#).
- Keep trying to eat greens. Usually by the tenth try of trying anything, you are going to start to like it. Hide them in soup.
- Bake potatoes in the oven while cooking other things. Put them in the fridge. They can become your portable powerbars.
- Add soymilk or PD Rice Milk to tofu-based dressings to thin to your preferred consistency.

### Student Q&A

- Q: What about making Seitan without oil?
- Q: How do I avoid iron anemia on a plant-based diet? What are the best sources of iron?
- Q: Is [Vitamin B-12](#) important in our diet even though we don't use supplements on a PD?
- Q: What is the origin of why they push protein?
- Q: Do we need to limit beans to ½ cup per day?
- Q: What about folic acid supplementation?
- Q: Can I eat a Protective Diet without including grains?
- Q: Why do you not use a microwave? Are there reputable studies done on dangers?
- Q: Can you eat too much starch on a PD?
- Q: What about drinking wheatgrass juice? Is that considered a whole food?
- Q: Is it ok to go without salad in the winter as long as we are working in raw veggies throughout the day?
- Q: Should I throw away my foods that have additives?
- Q: Is Ezekiel Raisin Bread included in a Protective Diet?
- Q: What is Braggs amino acid?
- Q: My joints are hurting like crazy. Do you think it's detox pain?

### Encouragement

- It doesn't matter what [recipe](#) you pick off the website, as long as you are eating a variety of whole, plant-based foods your body will use it toward optimal health. Eat when you are hungry, until you are full and satisfied and don't restrict.

*On a Protective Diet your plate will be loaded with protein.  
You will be able to explain that to others and sound like you know your stuff.*

### Recommended Recipes

- [Ultimate Cheeze Sauce](#)
- [Scalloped Potatoes](#)
- [Cheez-Its](#)
- [Guiltless Baked Mac and Cheeze](#)
- [Tomato Cream Sauce](#)
- [Mashed Potatoes](#)
- [Salsa Roja](#)
- [Chick'n Salad](#)
- [House Dressing](#)
- [Unfried Black Beans](#)
- [Mushroom Gravy](#)
- [Gauc Faux Mole](#)
- [Asian Style Kale](#)
- [Cornbread Dressing](#)
- [Green Bean Casserole](#)
- [Pepper Poppers](#)
- [Cranberry Sauce](#)
- [Fat Free Fredo Sauce](#)

### Recommended Classes

- [#026 Outdated Recommendations in the Health Care System](#)
- [#253 Benefits of Nutritional Yeast & Making Cheeze-It Crackers](#)
- [#100 Eating A Diet in Perfect Balance](#)
- [#045 Weight loss Average on a PD](#)
- [#016 Inflammatory Disease](#)
- [#257 The Gut Microbiota](#)
- [#082 Mastering Label Reading](#)
- [#008 Understanding Cholesterol](#)
- [#164 Eliminate, Heal & Achieve Optimal Health](#)

[#027 Being Challenged by Diet Trends](#)

[#007 Understanding the Endothelium](#)

[#002 Identify True Hunger](#)