

One

Protein is a key component of HCG diet plans. I will explain why the protein portion of this diet is so crucial. Protein has several metabolic effects that are critical to success when losing weight on an HCG diet. All proteins are not the same and the metabolic effects of specific proteins may vary, so it is important to stick to the list you are given in your dietary instructions.

One of the Key components of hCG diet plans is protein. It is critical to follow your dietary instructions as all proteins are not the same and their metabolic effects can vary. When on an hCG diet, these metabolic effects can have a profound impact on the amount of weight lost.

When on any of the hCG diet plans, protein is an important component. The protein portion of this diet is crucial because of the metabolic effects that contribute to successful weight loss. Not all proteins are the same in their metabolic properties, so it is important to follow the specific dietary instructions.

Two

Protein as a source of calories actually requires energy to burn. In medical terms, this is referred to as “postprandial thermogenesis” and it can represent up to 10% of our caloric needs. So when eating and then digesting a protein meal, you can essentially increase the caloric needs requested of your body’s metabolism. This is due to the added energy needed for digestion. When you increase your caloric needs in any way, the scale is tipped in favor of losing weight. As you burn more calories you will burn more of your fat stores.

By increasing your caloric needs in any way, you are more likely to lose weight. The calories obtained from protein require energy to burn. This effect is referred to in medical terms as “postprandial thermogenesis” which can represent up to 10% of our caloric requirements. You can boost the calories required by your body’s metabolism. This occurs as a result of additional energy required for digestion. As you raise the amount of the calories you are burning, you will in turn burn more of your stored fat.

“Postprandial thermogenesis” is a medical term for the digestion of food that can represent up to 10% of our caloric needs. You are more likely to lose weight by increasing your caloric needs by ingesting a good source of protein. This added protein requires more energy for digestion. There is a greater likelihood of losing weight when you increase the caloric needs of your metabolism. As more calories are burned, the more you will deplete your fat stores.

Three

Protein as it is being digested provides an actual appetite suppressive effect. We are uncertain as to how this actually works but it is seen in clinical practice. Individuals who eat more protein especially early in the day actually have less appetite. One group of individuals that ate a protein rich breakfast and were not given any limits on subsequent food choices, consumed about 30% fewer calories during the following day than the other group who ate a presumably carbohydrate rich breakfast. The implication is that the protein digestion process somehow induces some degree of appetite suppression. This effect can be helpful when combined with hCG diet plans.

In clinical practice, it has been observed that protein can provide a suppressive effect upon appetite. It has been shown that individuals that eat protein in the morning have less of an appetite. The breakfast habits of two groups of individuals were observed. The group that ate a breakfast high in carbohydrates ingested 30% more calories than the group that ingested a breakfast rich in protein. The appetite suppression effects of the protein digestion process can be helpful when combines with hCG diet plans.

A study of the breakfast habits of two groups of individuals showed that the group that ate a breakfast rich in protein consumed 30% fewer calories the following day than the group that ate a breakfast rich in carbohydrates. After breakfast, neither group was given any restrictions on further food choices. Thus suggesting that you will have less of an appetite throughout the day having consumed protein in the morning. When combined with hCG diet plans, the appetite suppressive effect of protein can be of great benefit to reaching you weight loss goals.

Four

Protein as a food substance does not tend to raise blood insulin levels. Sugars tend to do this, and insulin among other things is a fat storage hormone.

One of our goals is to keep blood sugar levels (and therefore insulin levels) as close to normal as possible, protein in the meal accomplishes this.

One of the goals in the hCG diet plans are to normalize blood sugar and insulin levels. Protein in the diet tends not to elevate blood insulin levels. Carbohydrates tend to increase blood insulin levels, which is a problem because insulin is a fat storage hormone. By displacing carbohydrates with protein in your meals you will minimize the fat storing effects of elevated insulin levels in your body.

Fourthly, protein helps focus the character of our weight loss. When we are on a calorie-restricted diet as one does with the HCG diet, the body will take its additional caloric needs from many sources. We would love to take all the additional needed calories exclusively from our fat stores, but of course this does not happen. The body will take its needs from fat and from other tissues such as our muscle. It has been shown that one effect of protein in our diets is to force our systems to the degree that it is possible, to take the needed calories from fat. Other diets may restrict calories, but the protein in the mix helps focus the weight loss to fat. The HCG assists in this as well.

One side effect to be aware of in all calorie restricted diets is constipation that comes from the decreased bulk of the diet. A simple cure for this is to take additional fiber as a supplement capsule or powder. If you use a powder just make certain that it is unsweetened or has no sugar. It will keep you regular and the side effect of many fiber supplements is that you will feel fuller.

In conclusion, a diet rich with quality protein is a critical factor as a fat and weight loss aid when you are on the HCG diet. Please keep this in mind when you are on any of the HCG diet plans.