



HOW TO LOSE WEIGHT & RETAIN LEAN MUSCLE

You want to lose weight, but more specifically, you want to drop fat. Did you know that you can lose fat tissue while retaining lean muscle mass with optimal dietary composition?

This document will give you an overview on how to eat for weight loss and muscle preservation, which foods to focus on, tips to put into place, and an example meal plan for how to eat these foods to efficiently lose weight and preserve muscle.

THE MAIN MACRONUTRIENT FOR SHEDDING FAT AND PRESERVING MUSCLE IS PROTEIN.

Protein is one of the three macronutrients that our body needs to function optimally. Protein feeds the muscles and supplies the amino acid building blocks to preserve lean body tissue. If you are in a caloric deficit, and thus losing fat tissue, it is possible to preserve lean muscle mass by intaking enough protein to feed the muscle.

WHY IS PROTEIN MOST IMPORTANT FOR WEIGHT LOSS + MUSCLE PRESERVATION?

Research shows that by increasing the amount of protein consumed, while decreasing carbohydrates, muscle mass will be preserved during dieting (1). This is because individuals who consume meals higher in protein will consume less calories and experience longer satiety than those who consume mainly carbohydrate-based meals (2).

The science behind this relationship lies in the fact that glucose (carbs) are the body's preferred source of energy, so the body digests and burns carbs first. If carbs are not present, the body will be forced to burn fat for fuel. The intake of sufficient protein ensures that fat will be burned while muscles are being fed.



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Consuming a high protein diet (~1.6 grams of protein per kilogram of body weight) will ensure that the muscles are being preserved while the fat tissue melts away. To get pounds in kilograms, follow the formula below:

- ✓ **WEIGHT (LBS) / 2.2 = WEIGHT (KILOGRAMS)**
- ✓ **WEIGHT (KILOGRAMS) X 1.6 = AMOUNT OF PROTEIN TO CONSUME (GRAMS)**

What are some sources of protein that are beneficial for weight loss?



fish, chicken, lean turkey, lean beef



Greek yogurt, whey protein, cottage cheese (low fat/non-fat), egg whites



Plant-based: soybeans, tofu, tempeh, nuts, seeds

Leaner sources of protein (lower in fat and overall calories) is helpful when dieting. Refer to the food options below for several ideas. When choosing dairy products, low-fat or fat-free options will be lower in calories than the full fat alternatives, while still providing the same amount of protein and calcium... win, win!



RECIPE IDEA: PROTEIN SHAKE

- 1 cup non-fat Greek yogurt
- 1 scoop whey protein
- 2T peanut butter
- ½ frozen banana
- Cinnamon
- 1T chia seeds
- 1T cacao powder

Optimizing body composition by decreasing fat while retaining muscle can be beneficial for overall health status. Some of the main benefits include an increase in body strength, increase in metabolism, lower rates of lipogenesis (or the creation of fat cells), lower cortisol levels and better satiety with meals (1). By focusing on a wholesome diet and slow fat loss, sustainable habits can be formed, helping you to look and feel your best.



NUTRITION PLAN

8 Tips for Losing Fat and Preserving Muscle Mass

In order to effectively lose weight and preserve muscle mass, it is helpful to have a guide or tools to reference to help ensure success. Here are 8 tips for leaning out and maintaining muscle mass.

1

Determine your maintenance caloric intake using your age, height, weight, sex, and physical activity level. (There are formulas online to do this, or ask your trainer)

- Decrease these calories by ~15%. This will ensure a caloric deficit and optimize the body for fat loss.

2

Track macronutrients and activity in an app or using a program.

3

Consume protein at 1.6 grams of protein per kilogram of body weight.

- Make sure to eat this protein especially post-workout to ensure muscle is not being broken down.

4

Decrease carbohydrate consumption by ~25%. If weight begins to plateau, you may need to further decrease amount of carbs consumed.

- Eat carbs pre and post workout.

5

Consume fats as desired with each meal, increasing as needed with protein to ensure satiety and fulfillment with meals.

- Fats can be consumed with protein at any time of the day.

6

Aim to decrease overall calories by consuming higher volume, lower energy density meals that allow for satiety but fall within calorie goals.

- Carry snacks, meal prep and schedule grocery shopping times to set yourself up for success.

7

Focus on a whole-foods diet, getting enough protein and fat, while minimizing carbs. Choose foods such as meat, poultry, fish, dairy, fruits, vegetables, seeds, nuts, and oils.

- "Eat the rainbow" is an easy tip to remember to get enough colors/variety in diet.

8

Stay hydrated, aiming for a minimum of 64oz of water per day.

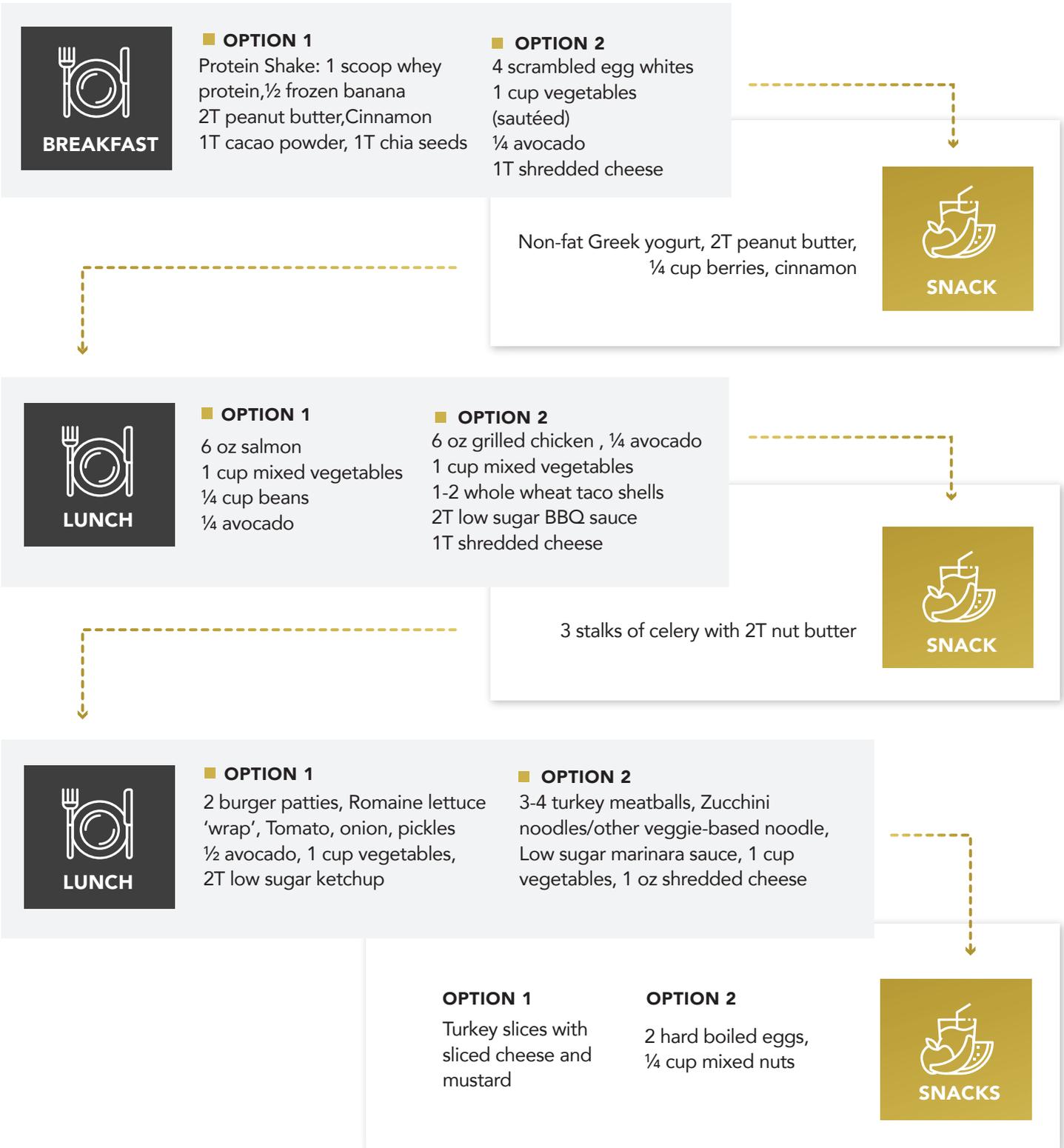
- As protein is increased, additional water consumption is needed

A 'day of eating' should always be individualized based on an individual's anthropometrics and goals. The example day below is a plan that may work for some individuals but should simply be used as a guide or template for further personalization.



EXAMPLE DAY OF EATING

What does that look like?



References

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