

Losing Weight on a Vegetarian Diet

Protein Sources:

- Quinoa (1 Cup=18 grams of protein)
- Barley
- Brown rice
- Other whole grains
- Beans (1cup=13 g protein)
- Lentils
- Legumes
- Tofu (1/2 cup = 10 grams)
- Soy
- Nuts
- Seeds
- Nut Butters
- Seitan
- Meat substitutes
- Hemp protein powder

What is a vegetarian Diet?

A vegetarian diet is plant based with or without the inclusion of dairy and eggs. Some vegetarian diets abstain from any animal products including animal-derived rennet and gelatin.

People have different reasons for choosing a vegetarian diet. Some people do it for the health benefits. Vegetarians tend to have lower BMI, lower levels of cholesterol, lower blood pressure, and less incidence of heart disease, hypertension, type 2 diabetes, renal disease and metabolic syndrome.



Some people choose a vegetarian diet for cultural, political or personal reasons, but we are going to consider the health benefits in this newsletter.

Western vegetarian diets often do not contain enough B12, especially if they do not eat dairy or eggs. B12 can be obtained from yeast extract products. Since B12 is used in the intermediary steps to make energy for the body, vegans need to make sure they get enough, particularly to lose weight.

How to Lose Body Fat on a Vegan Diet

Most people need to build back muscle to burn calories and get their metabolism up in order to lose body fat. In order to do this, they need to get about **30 grams of protein per meal** during weight loss. Vegans also need to eat about **25 grams daily of fiber**. This is much easier to do on a diet rich in whole fruits and vegetables. Limiting carbs to whole foods is essential for vegans to lose weight. Processed and refined grains and sugar keep vegetarian's insulin levels up the same as meat eaters. So, vegetarians need to **avoid bleached flour, high fructose corn syrup** and all sugars just as the non-vegetarians in order to lose real body fat.

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*Empowering You Through
Education and Medical Support*

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods and it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but our program ensures that you are losing body fat and not just "weight" by weighing on body mass analysis scales weekly and making timely adjustments to your program.

Getting All the Essential Amino Acids on a Vegetarian Diet

The essential amino acids are those we have to consume because our bodies can not make them.

Isoleucine-makes muscles

Leucine-tissue repair

Lysine-bone development

Methionine-fat emulsification

Phenylalanine- brain processes and mood elevation

Threonine- monitors bodily proteins

Tryptophan- sleep and mood regulation

Valine-energy

The USDA recommends about .36 grams of protein for every pound you weigh. But Dr. Layman's research has proven that we need about 30 grams of protein per meal in order to lose weight.

In order for a food to be a "complete protein" source, it must contain all of the essential amino acids. Most plant foods are "incomplete" because they lack one or more of the essential amino acids. For example, beans do not have methionine or tryptophan whereas grains are lacking in lysine. But when you combine beans with rice you have all of the 8 essential amino acids represented in your vegetarian meal.

It is important to make sure you are getting all of the essential amino acids if you are on a vegetarian diet.