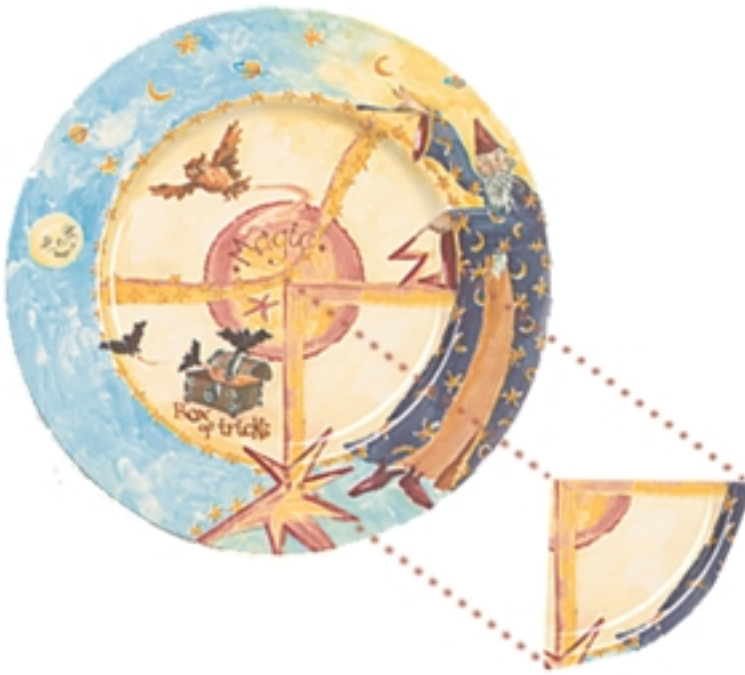


An overview by our Dietitian on the different foods groups, a confusing topic we aim to clarify for you. This is the next in a series of articles realting to each of the food groups.

### **meat, fish, chicken, legumes**

Meat, fish and chicken portions need to be controlled, as the human body only needs a little protein every day to function properly. Any excess protein is turned into energy, a process that is very taxing to the body. High protein intakes make the body more acidic, which hastens the onset of osteoporosis, encourages gout and arthritis, encourages fatty liver and increases the risk for stroke and heart attacks. In addition, because of the high insulin demand of protein foods, insulin resistance is encouraged. Insulin resistance hampers weight loss.

For weight management the better choice of protein foods are those that are lower in fat. High fat protein choices can be included in meals occasionally. Should you choose to eat two types of protein foods (such as grilled bacon and scrambled egg), both protein foods must fit into the protein section of the plate.



**Lower fat proteins**

**Higher fat proteins**

**Examples of higher fat proteins:** beef, pork, lamb, chicken skin, fish with skin, eggs, cheese, butter, cream, margarine, curry, roast chicken, turkey, duck, goose, duck, and more.