



April 2, 2016 – Peoria, IL

## Gaining Muscle and Losing Fat with Protein

Can you gain muscle while losing weight? Let's take a look at the final study in this week's Research Update on protein.

Researchers recruited 40 young overweight men to participate in a four-week diet and exercise weight loss program with an average age of 23 and average BMI of 29.7. The subjects were randomly divided into two groups. The control group had a diet that reduced calories by 40% and provided 1.2 grams of protein per kg of body weight per day. The protein group had their intake reduced by 40% but were given 2.4 grams of protein per kg of body weight per day. All food was provided to the subjects by the researchers; they were also given drinks to consume throughout the day. The control group got a drink high in carbohydrates while the protein group had a drink high in protein.

The exercise program was not for the faint of heart: they exercised six days a week. Twice a week, subjects did high-intensity interval training. Twice a week, they did a whole-body circuit routine comprised of three sets of 10 reps with only 60 seconds between sets. Once a week they did a time trial on an exercise bike set at a specific resistance, and once a week they did body resistance plyometrics exercises. All exercise sessions were done in the laboratory.



All subjects lost body weight and body fat during the study. The difference was that those on the high-protein diet gained almost 2.5 pounds of muscle and lost more body fat than those on the control diet. Remember, the only difference between the two groups was the amount of protein intake.

Reality check: these were young men who were given all their food and the ability to exercise. This is not the real world. But it does support the idea that eating more protein can help a person lose weight better than simply restricting calories. If you want to gain muscle mass, it would help you do that as well along with the right exercise program.

The research update this week provides further evidence that the Basic Program on my [Optimal Performance](#) CD is the right way to go to gain energy and perform better. The Basic Program shows you how to train to burn fat as a fuel all day long. Once you've done that, maintaining protein intake while adding quality carbohydrates can keep you at the performance level you've always wanted. You can lose weight as well if that's your goal. Check it out at my Store.

What are you prepared to do today?

**Dr. Chet**

Reference: Am J Clin Nutr. 2016;103:738–46

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