

High Quality Protein Toolkit

Not All Proteins Are Created Equal



High-quality protein is defined by two characteristics:

- 1 Contains all 9 essential amino acids
- 2 Highly digestible and absorbed by the body

Study: Omnivore vs. Vegan Meal

■ **Key Takeaway:** Consumption of whole-food omnivorous meal with lean beef results in ~47% greater post-meal muscle protein synthesis rates as compared to a vegan meal matched for total calories and protein in a randomized clinical trial in healthy older adults.



Study: Protein Quality vs Quantity

■ **Key Takeaway:** Animal source proteins have a higher concentration of essential amino acids, meaning they can provide more of these critical nutrients per serving and in fewer calories to help hit muscle building thresholds.



Study: Are Protein Ounce Equivalents, Equivalent?

■ **Key Takeaway:** Animal protein foods, with higher essential amino acid concentrations, are high-quality protein sources that elicit a greater anabolic response in the body than plant protein foods. The degree of anabolic response in this study was directly related to the essential amino acid content of the food source. Results indicate that not all food sources of protein are metabolically equivalent.



Why Protein is Key for GLP-1 Users

Sufficient dietary protein intake should be a priority to help preserve muscle mass and bone density as appetite and energy intake decline.



GLP-1 use is on the rise. **Approximately 1 in 8 adults** have used a GLP-1 receptor agonist.



Lower calorie intake increases the risk of under-consuming key nutrients, such as protein, choline, and B12.



Consuming lean beef $\geq 4\times$ /week as part of a healthy, higher-protein diet in combination with exercise, resulted in **weight loss while maintaining lean mass** over a 16 week intervention.¹

A 3 oz serving of cooked lean beef provides on average:

- ✓ 25 grams of high-quality protein
- ✓ 9 other essential nutrients including iron, zinc, choline, B-vitamins
- ✓ 173 calories



What does this look like in practice?

80 kg (~177 lb)
adult on a
GLP-1 Agonist

80 kg \times 1.2–1.6 g/kg =
96–160 grams/day
of protein

Scan the QR Code and sign up to receive a complimentary
High-Quality Protein Toolkit
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