HERBED LENTILS AND RICE

2-2/3 cups reduced sodium chicken/vegetable broth
½ cup favorite dry lentils & beans
½ cup chopped onion
½ cup cooked wild rice
½ cup dry white wine or additional broth
½ tsp basil, dried or fresh
½ tsp salt
⅛ tsp of both thyme and oregano, dried or fresh
1/8 tsp of both garlic powder and pepper
1 cup (4 oz) of shredded reduced-fat Swiss cheese

Combine first 11 ingredients into a bowl; stir in ½ cup of cheese. Transfer to a 1-1/2 qt baking dish sprayed with non-stick cooking spray. Bake covered for 1.5-2 hours at 350°F or until lentils and rice are tender and liquid is absorbed. Sprinkle with the remaining cheese and bake uncovered for 2-3 min or until the cheese is melted.

One serving (1 cup): 329 calories, 7g fat, 43g carbohydrate, 12 g fibre, 22g protein, 601 mg sodium

Recipe is adapted from Taste of Home's Light and Tasty magazine, June/July, page 33.

PROTEIN POINTS:
1) All our body structures are comprised of proteins
2) Proteins are the materials required for all our tissue growth. They also play a key role in many bodily processes, including digestion & metabolism
3) Proteins are made of amino acids, 8 of which are considered essential. This means that they can only be obtained in the diet.
4) Protein-containing foods can be classified as either complete or incomplete protein sources. Complete sources contain all 8 essential amino acids, while incomplete sources do not

<table>
<thead>
<tr>
<th>Protein containing foods to choose frequently</th>
<th>Protein containing foods to choose less frequently</th>
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</thead>
<tbody>
<tr>
<td>✓ lower fat dairy products</td>
<td>✓ full fat dairy products</td>
</tr>
<tr>
<td>✓ leaner cuts of meat, like chicken and fish</td>
<td>✓ leaner cuts of red meats</td>
</tr>
<tr>
<td>✓ beans &amp; lentils</td>
<td>✓ nuts, seeds and peanut butter</td>
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<tr>
<td>✓ eggs</td>
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<td>✓ tofu</td>
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The Evolution of the High-Protein Diet:
For years the key advice given to the public to decrease the risk of developing obesity was to cut back on fat, simply due to the fact that per gram fats have a higher caloric density. This message was very well received by the public as most research studies show that North Americans have decreased their fat consumption. The problem occurred when, these research studies concluded that even though the consumption of fat was decreased the rate of obesity continued to increase at an alarming rate. The culprit of our obesity problem was strongly suggested to be carbohydrates or at the very least our over-consumption of them. Now, due to the fact that there are only 3 energy yielding nutrients in our diets, namely fats, carbohydrates and proteins, and 2 of these have already been labeled as a cause of obesity, only proteins remain to solve the obesity epidemic and the high-protein diet was born!!

What are High-Protein Diets Missing?
1) FIBRE
   - the majority of fibre in our diets comes from whole grain cereals, breads, rice, & pastas, fruits, & veggies. Eliminating these foods decrease your fibre intake which may increase your cholesterol and decrease the health of your gut.

2) VITAMINS, MINERALS & PHYTOCHEMICALS
   - fruits & veggies contain many vitamins, minerals, & phytochemicals known to contribute to our general health & prevent a variety of diseases

3) CARBOHYDRATES
   - provide fuel not only to our working muscles but to our brain. Eliminating them forces the body to rely on other sources of fuel, which are meant to be used in times of starvation.

TAKE HOME MESSAGE:
Proteins are an essential part of everyone’s diet, but they possess no special properties that will help you lose weight! Eliminating foods that contain fibre, vitamins, minerals, phytochemicals and carbohydrates will not only not help you to lose weight, but may affect your overall health.
Remember, all foods can fit into any healthy eating plan! So beware of those diets that claim otherwise!!!