



**POWER UP YOUR FAT LOSS WITH PROTEIN - Maximum Fitness - Issue - Sept / Oct 2011**

**Melt away unwanted pounds with whey**

BY MAXFIT STAFF

If gaining muscle isn't your number one priority right now and your midsection is the growing problem you'd like to tackle, consider adding whey to your fat-loss regimen to shrink your belly faster. A scoop of whey protein mixed with water delivers about 25 grams of protein and just over 100 calories—assuming that your product isn't loaded with fat, carbs or both.

"Whey protein has a number of beneficial effects for those who are active," says registered dietitian Brian Zehetner. "In studies, subjects who consume whey protein generally lose more body fat and retain more muscle than those who don't—and it's likely that there are several mechanisms involved."

One of these may be that whey significantly reduces hunger. A study from the University of Surrey in the United Kingdom found that participants who consumed a whey protein shake 90 minutes before being unleashed on a big buffet meal ate significantly less food. According to the researchers, the results may have something to do with whey's ability to trigger the release of hunger-blunting hormones cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1).

**MAXFIT TIP**

You should always have a whey shake before and after training to optimize your workout efforts. And we suggest that you consider drinking a shake an hour or so before heading out for a big meal when fat loss is more important than an all-you-can-eat mindset.

***Plenty of weight loss info is available in the September/October 2011 issue!***