



weightwatchers

weekly

April 9-15, 2017

Protein POWER!

Boost your know-how about
this essential nutrient.

Protein POWER!

Protein is a nutrition hero!

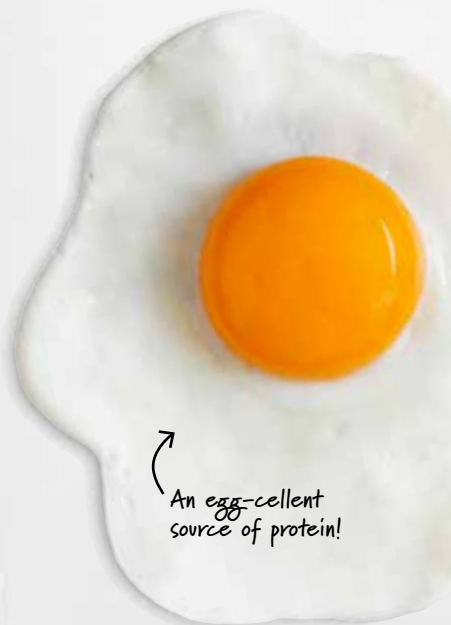
It can help strengthen bones, cartilage, skin, and blood health. You probably know your animal proteins—meat, poultry, seafood, eggs, and dairy. But don't overlook

vegetarian proteins, like beans, peas, soy products, nuts, and seeds.

How protein helps:

Many high-protein foods are rich in B vitamins, vitamin E, iron, zinc, and magnesium, all of which help keep the body running smoothly. Because much of our body is made up of protein, eating the right amount can help build and preserve muscle. Protein can also help you feel more satisfied than other nutrients such as carbohydrates or fats. (Not surprising that foods higher in protein tend to be lower in SmartPoints® values!)

Tip: Aim to eat 8 grams of protein daily for every 20 pounds you weigh. If you weigh 180, for example, you'd aim for 72 grams.



An egg-celent source of protein!

WHAT TO DO: TEST YOUR PROTEIN KNOW-HOW

Then use the answers to guide your eating choices.

1 Which has more protein, the white or the yolk of an egg?

The white—but not by much. A large egg white has about 3.6 grams of protein; the nutrient-rich yolk has 2.7. But three egg whites are just 1 SmartPoints value, while one whole egg is 2. (An omelet made with one egg and two egg whites instead of two eggs is a good compromise!)

2 True or False: Eating more protein can help you fill up.

True. According to some small studies, adding protein-rich foods to meals and snacks may help you feel less hungry between meals.

3 Which of the following is NOT a good source of protein:

- A Part-skim ricotta
- B Green peas
- C Coconut milk
- D Kidney beans

C. Cheese, beans, and peas can be good sources of protein. Coconut milk is not.

4 How much protein is in a 3-oz serving of meat, fish, or poultry?

- A 2 g
- B 16 g
- C 24 g

C. Each ounce has about 8 grams of protein; a 3-oz serving has about 24 g. (There's about 8 g protein in ½ cup beans or 1 oz of seeds or nuts.)





THINK AGAIN

Give your attitude toward nutrition a reality check—and expand your palate and your thinking!

UNHELPFUL

“Protein is so good for me, I should just focus on high-protein foods to be successful.”



HELPFUL

“Protein is good for me—but focusing on any one nutrient isn’t a great long-term strategy. Eating a variety of healthy foods will help me lose.”

UNHELPFUL

“I’ve tried to eat chickpeas, but I’ll never be able to stomach them.”



HELPFUL

“I didn’t like the chickpeas I tried, but there are other beans and legumes—and ways to prepare them—that I might like better.”

YOUR TURN! What **unhelpful** thought have you had recently? Write it here. Give it a reality check. Now, what is your **helpful** thought? Write it here.

UNHELPFUL



HELPFUL

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IT’S NOT A DIET, IT’S A LIFESTYLE.
THAT’S THE BEAUTY OF WEIGHT WATCHERS.

—OPRAH

Connecting with Oprah

Turkey isn’t just for Thanksgiving! Yep, made a turkey today...

—MISSTIARIA*

MY GO-TO SNACKS WHEN I’M RUNNING AROUND (WHICH IS MOST DAYS!): A HARD-BOILED EGG OR YOGURT. THEY HELP KEEP ME SATISFIED LONGER.



ERIKA

GRILLED CHICKEN BREAST AND CRANBERRY QUINOA SALAD. SOOOO GOOD AND FILLING.

—KPYALL*

TO DO THIS WEEK

WHAT: Pick a protein-rich food to try that you haven’t had before.

HOW: Check weightwatchers.com (for subscribers) for a recipe using it. Make a shopping list and plan when you’ll make it. Write what you plan to eat:

What I want to accomplish this week:



*Posted on Connect on the mobile app (for subscribers).



From the
*Everyday
Delicious*
cookbook

[LIGHT FARE]

GRILLED SALMON WITH HERBED CAPER SAUCE

Great on a grill pan, too.

8 SmartPoints® VALUE PER SERVING //
PREP 10 MIN // COOK 6 MIN// SERVES 4

- ½ cup loosely packed fresh parsley leaves
- 2 Tbsp fresh oregano leaves
- 1½ Tbsp drained capers
- ½ small shallot, chopped
- 1 Tbsp red-wine vinegar
- 1 Tbsp water
- 1 garlic clove, chopped
- ¼ tsp red pepper flakes
- 2 Tbsp olive oil
- 4 (5-oz) skin-on salmon fillets
- ¼ tsp salt
- ¼ tsp black pepper

Puree first 8 ingredients in food processor. With motor running, add oil. Transfer sauce to bowl.

- Sprinkle salmon with salt and pepper. Spray large ridged grill pan with nonstick spray and set over medium-high heat. Add salmon and cook, turning once, just until opaque in center, about 6 minutes.
- Remove skin and place salmon on platter or 4 plates. Drizzle evenly with sauce. Yields 1 fillet and 1½ tablespoons sauce per serving.