

## Protein Packing

There may be a new way to milk the benefits of working out and eating right: high-protein yogurt. In a 2014 study, University of Missouri scientists found that women between the ages of 25 and 29 who consume high-fat, high-energy snacks grow hungry again sooner than those who have a similar-sized snack of zero-fat, high-protein yogurt.

“There is some literature from way back, up until now, that protein is more satiating than some of the other macronutrients like carbohydrates or fat,” says Dr. Piché, Nutrition professor at Western University. As he says, this information is useful for people hoping to get the most out of both meal times and work outs: “they’re exercising and they want to eat more, and so they may just eat . . . the number of calories that they burned.” Eating yogurt, however, can deliver the same amount of carbohydrates for fat-burning and muscle-building, but replaces the fat with protein.

When choosing a yogurt brand the idea is to find one with minimal fat and higher protein. In the experiment, subjects ate 14 grams of protein per zero-fat snack. With at least 18 grams per 175-gram serving, Greek yogurt typically has the highest protein and lowest fat content. Popular brands include Liberté Greek or Oikos, available at most supermarkets.

For the lactose intolerant, Dr. Piché says that the principle could apply to most high-protein, low-fat foods. There’s also good news for vegans: some of the best high-protein, low-fat options include tofu and mature soybeans.

—Robert Norsworthy