

# Protein helps you to slim down because it accelerates your metabolism

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Protein is a good metabolism booster. But this does not mean that you should stuff yourself with bacon. It is preferable to eat low-fat sources of protein such as chicken breast, fish, beans, and other low-fat options. Nearly all the processes of our body require protein; our tissue and enzymes are also made of it. Since our body is not able to store protein, we depend on a daily intake in our meals to keep up the regenerating process and synthesis of new muscle mass. Some amino acids (components of protein) can be synthesized by our body by the transformation of others, but our body still needs a daily intake of new protein. Protein boosts our metabolism and a low-protein diet will lead to a metabolism slow-down in our body