

High protein = fast metabolism

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Protein is made up of different amino acids which are attached to each other in a chain. During the digestive process, these amino acids are broken down so that our body can utilize them independently for different processes like muscle growth, or the regeneration of tissue. This digestive process alone uses up to 30% of the calories in the protein. This means that if we eat a big pice of seitan with 460 calories, we will obtain 350 calories from the protein and burn the other 110 calories in the break-down process of digestion.

Muscles burn calories

In addition to this, protein builds up muscle mass any time we stimulate it with weight training. Each gram of muscle tissue not only brings us closer to the body of our dreams, but it also stimulates our fat-burning process because muscle tissue constantly burns calories even when we are inactive. The more muscle mass our body has, the higher our metabolic rate will be.