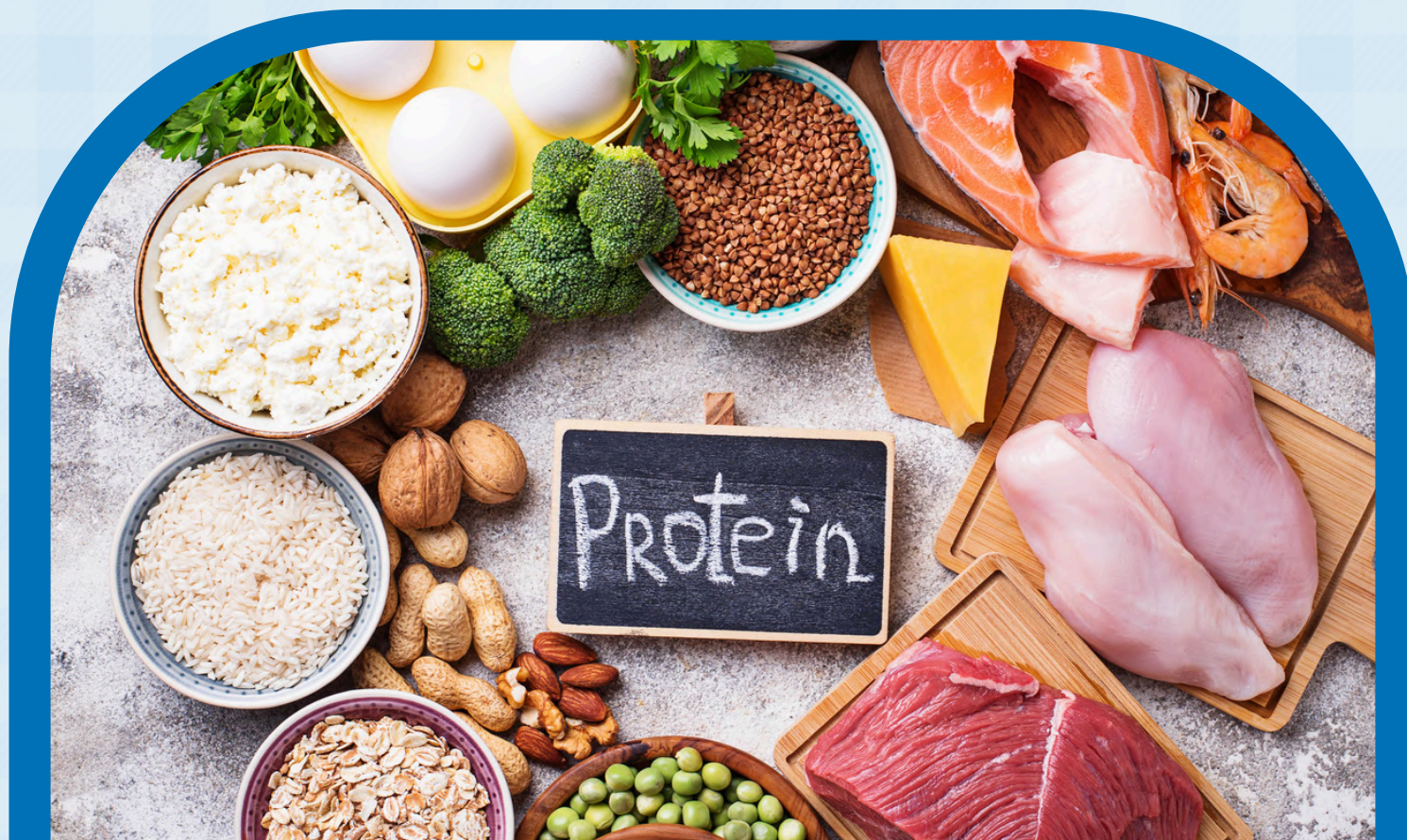


# ***Protein & weight loss***

***A match made in heaven?***



# ***Does protein really help you cut weight?***

**Yes, it can.**



## ***Protein pro tip:***

- **Excess protein can cause intestinal discomfort, nausea, fatigue, headaches, and more.**
- **Balance is key.**

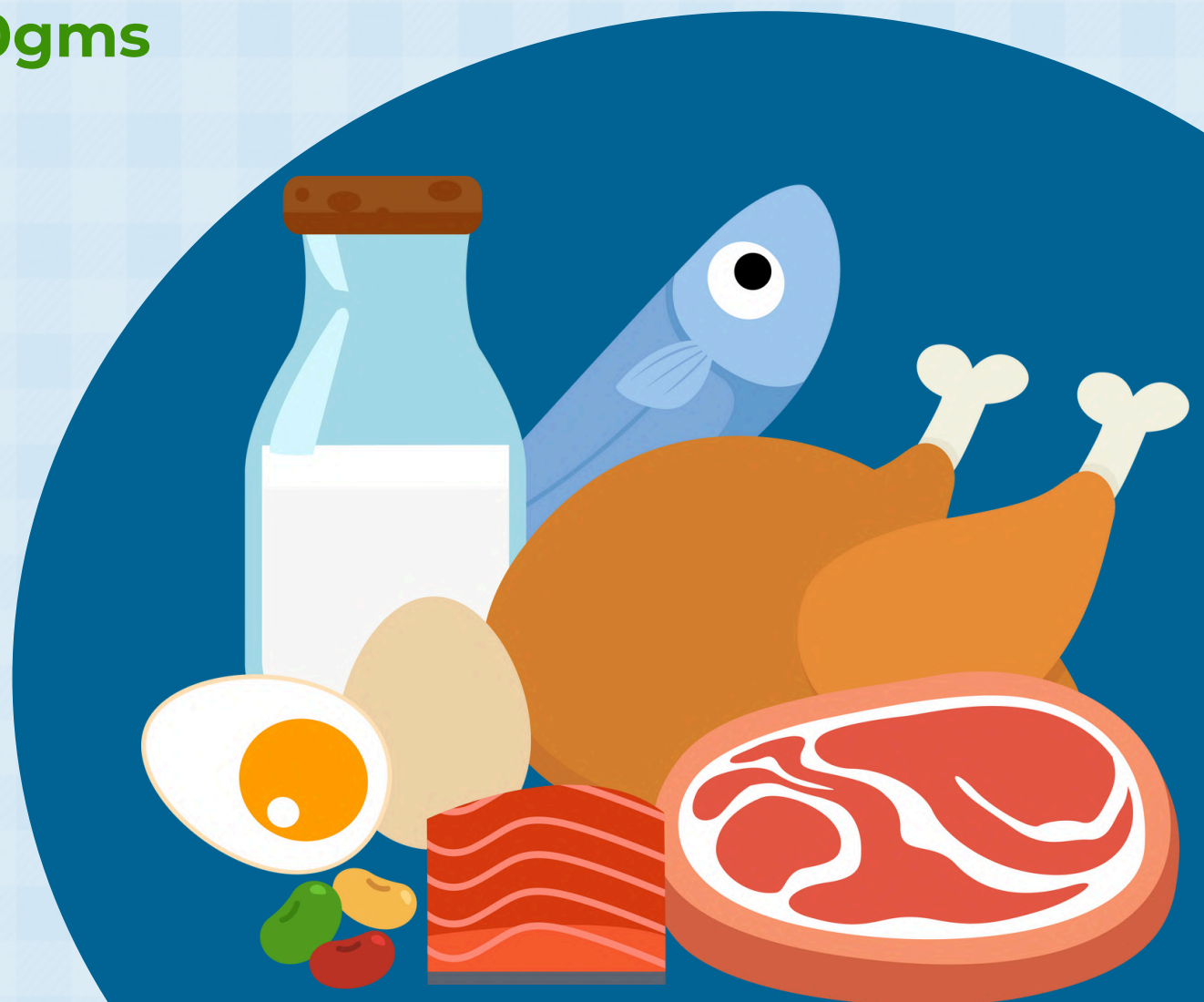
## ***Adding protein in your diet can help***

- You feel fuller for longer as it takes more time to digest
- Preserves muscle mass, as you shed weight
- Burns more calories to digest foods
- Maintains stable blood sugar levels



# ***Tasty protein sources***

- **Chicken breast: 31 gms per 100 gms**
- **Pumpkin seeds: 19 gms per 100gms**
- **Peanuts: 24 - 26 gms per 100gms**
- **Paneer: 18 - 20 gms per 100gms**
- **Chickpeas: 19 gms per 100gms**
- **Eggs: 13 gms per 100gms**



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