

## Newsletter - July 2016

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### **Products**

#### **Douglas Labs – Ultra Protein Plus Vanilla**

Ultra Protein Plus is a vanilla bean flavored protein powder that also contains a multi-vitamin/mineral dietary supplement. Ultra Protein Plus's source of protein is from yellow peas, a low allergenic protein source that contains no genetically modified plant tissue and is pesticide free. It also provides a significant amount of the prebiotic fructooligosaccharide (FOS). Ultra Protein Plus can be added to water or used in smoothies to create a protein shake.



Please contact me if you would like to set up an account with Douglas Labs to order supplements directly.

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### **Recipe of the Month**

Low Salicylate/Amine/Benzoate

**Rice Protein Snack** – Great for camping and backpacking

**Yield:** about 2 cups

**Ingredients:**

- 1 teaspoon oil
- 2 tablespoons sunflower seed butter
- 2 tablespoons brown rice syrup
- 1/8 teaspoon vanilla
- 2 cups rice cereal
- 1/4 cup finely chopped cashews
- 1/2 scoop protein powder

### **Directions:**

1. Heat oil in a medium pot. Add rice syrup and nut butter; stir and heat until bubbles form. Turn off heat and add vanilla extract. Add cereal and mix well with a spatula.
2. Mix nuts with protein powder, add to cereal mixture and mix lightly. Press into a 8" x 8" pan. With slightly wet hands, press mixture flat. Let mixture set to room temperature.
3. Mixture will be crumbly, can be used as a snack or add it to quinoa flakes for a higher calorie higher protein cereal.

1/2 cup = 200 calories and 6 grams protein

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### **Thoughts**

How much protein do we need? Most of us get more than double the amount of protein we need. The Recommended Dietary Allowance (RDA) for protein for the average adult is 0.8 grams of protein per kilogram of weight, or body weight in pounds x 0.36 = recommended protein intake in grams. This amounts to: 56 grams per day for the average sedentary man and 46 grams per day for the average sedentary woman.

Protein needs are increased for women who are pregnant or breastfeeding and for very active persons.

For some of my clients, protein is a problem because of their food sensitivities or diet restrictions.

For my clients who are vegan, their diet tends to be high in fiber and the fiber causes some of the protein to be lost in digestion so their protein needs are higher.

For my clients with food sensitivities especially eggs and dairy, protein may be a problem especially at breakfast.

Many of my clients have found the Douglas Labs protein powder to be helpful.

If you are vegan or vegetarian and sensitive to eggs and dairy, the selected foods below are high in protein.

<b>Protein Content of Selected Vegan Foods Low in Salicylates, Amines and Benzoates</b>			
<b>Food</b>	<b>Amount</b>	<b>Protein (gm)</b>	<b>Protein (gm/100 calories)</b>
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Kidney beans, cooked	1 cup	15	6.8
Garbanzo Beans, cooked	1 cup	15	5.4
Pinto beans, cooked	1 cup	15	6.3
Lima beans, cooked	1 cup	15	6.8
Black-eyed peas, cooked	1 cup	13	6.7
Quinoa, cooked	1 cup	8	3.7
Cashew butter	2 Tbsp.	8	4.1
Sunflower seed butter	2 Tbsp.	7	3.5
Sunflower seeds	¼ cup	6	3.3
Cashews	¼ cup	5	2.7
Broccoli, cooked	1 cup	4	6.7

