



Reference Guide

Proteins

Reference Guide: Proteins

AN IXCELA RESOURCE TO HELP IMPROVE INTERNAL FITNESS

A Quick Way to Measure a Serving of Carbohydrates:

We use HANDS to measure protein. Protein grams per hand vary in animal and plant protein sources, which is why we suggest using a food scale or referring to food labels for greater accuracy. Typically, 1 hand will equal 40 grams of protein.



About Protein:

Protein is an important building block of bones and muscles. It supports our immune response, provides a source of energy, assists in cellular repair, and more. Without sufficient protein in the diet, mood, sleep, motivation, and energy levels suffer.

Choosing Quality Protein Sources:

Seafood, meat, poultry, eggs, beans, peas, lentils, and dairy and soy products are all proteins. Beans, peas, and lentils are also part of the carbohydrate group. For more information about vegetarian protein options, [read more here](#).

To ensure adequate protein intake and obtain a variety of amino acids, select a wide variety of whole-foods-based proteins from both plant and animal sources. Amino acids are the building blocks of protein. Two examples of amino acids are [tryptophan](#) and [tyrosine](#), which are included in the metabolites that Ixcela tests.

If you are following an [autoimmune protocol \(AIP\)](#) diet, please refer to this [autoimmune protocol \(AIP\) protein list](#). The AIP diet excludes legumes and dairy products. AIP is an elimination diet recommended primarily to individuals who have autoimmune diseases.

Types of Protein		
LEAN PROTEIN	HIGH-FAT PROTEIN	CARB-RICH PROTEIN
<ul style="list-style-type: none"> Bison Casein protein Chicken (skinless) Egg whites Hemp protein Pea protein Seitan Shellfish (shrimp, scallops) Soy isolate Tofu Venison Whey protein Whitefish (cod, haddock) 	<ul style="list-style-type: none"> Beef Full-fat dairy products Lamb Oily fish (mackerel, salmon, sardines) Pork Tempeh Whole eggs 	<ul style="list-style-type: none"> Beans Buckwheat Bulgur Chickpeas Farro Green peas Lentils Low-fat dairy products Quinoa Soy milk