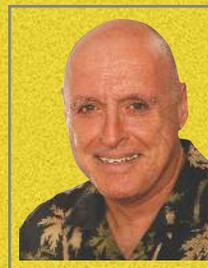


THE EXTRA POINT

BY JERRY ROBERTS



1197 Start Your Workday With More Protein

Have you had breakfast yet today? Maybe you're having something now, as you prepare to head for work. If so, may I suggest you have a good amount of protein, along with whatever else you're having? I'm Jerry Roberts, and I'll tell you why experts are lining up in support of that, next, on The Extra Point.

So, we need more protein at breakfast? You mean I can't just slurp down a bowl or two of Captain Crunch and that will fuel a huge day of glorious productivity?

If it was just about productivity, that would be less consequential. The reason for a higher level of protein at breakfast runs deeper, much deeper.

According to research published in the *Journal Obesity*, low-protein content of highly processed foods could be key to understanding why they are the reason for rising rates of obesity in the Western world. The study suggests protein might be key to tackling overeating. Let's dig into the details.

A survey of 9,300 Australians showed that the amount of protein eaten during the first meal of the day influences what we eat the rest of the day.

People who ate more protein at the start of their day ate fewer calories overall, as compared to those who consumed lower levels of protein during the first meal.

It's not just how much they ate, but what they took in. Those eating low levels of protein in the first daily meal ate more energy-dense processed foods high in saturated fats, sugars, and salt. Grains, veggies and fruit didn't make it on their plate as often.

Scientists say protein is a key driver of appetite, and that we eat more and more to satisfy our body's need for protein. Our body has a protein target, and that we will continue to eat until we achieve it.

The Center for Disease Control (CDC) has estimated the cost to the U.S. health system each year is approximately \$1,861 higher for obese adults than those with healthy weight. The number is \$3,100 for those with severe obesity. The total tab is \$173 billion, and this doesn't include the cost for obese children.

It's no secret that Guam has a major problem with obesity, which has led to massive issues with Diabetes, cardio-vascular diseases, cancer and more. Excess weight was a prime underlying health condition for those who had severe cases of Covid-19.

Nationally, one in three adults are obese, as well as one in five children. The numbers in Guam aren't available, but would seem to be higher.

Could more protein at breakfast be an answer to turning this problem around? If you follow the reasoning from the scientific community, it's certainly worth a try to find out, both from a general health perspective as well as our national security. National security? How could that be?

The CDC claims that only two of five young adults aged 18-24 are able to take part in basic military training. More than one in three are too heavy to serve in the military, and this is now a problem for recruiters who are challenged to meet their targets with Generation Z prospects.

I've criticized the CDC over their scandalous behavior during the Covid pandemic, but I'm sure they're dialed in here.

Further, the problem isn't getting better. It's definitely getting worse.

If you are concerned with weight, and the prospects of chronic disease, maybe give this a try. Push away the cereal and plain white rice, and other simple carbohydrates, and have some extra protein to start the day. (Con't.)

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If the researchers are on target and this becomes your habit, you'll be both healthier, and likely more productive.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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