

PROTEINS THAT HEAL

As the amount of _____ protein in the diet increases, the rate of all diseases also increases.

Based on how they behave in the body, there are two kinds of protein:

_____ and _____.

Diseases linked to high animal protein intake include:

_____, _____,

_____, _____.

Diseases linked to high plant protein intake include:

_____, _____,

_____, _____.

According to Valter Longo, PhD., consumption of animal protein leads to increased levels of IGF-1 in the body. IGF-1 has been linked to age-related diseases such as _____ and _____.

Eating a high animal protein diet (>20%) has been linked to a _____ - _____ increase in the risk of dying from diabetes.

The average American eats _____ animal protein.

The journal, *Diabetes Care*, in 2010 reported that for every 5% increase in animal protein intake, there was a _____% increase in the incidence of diabetes.

Most high protein foods have more calories from _____ than from protein.