

Protein plays a major role in reducing inflammation and maintaining metabolic health. These two factors help to achieve a more easy and sustainable weight loss. Here are what products with protein are better to consider for this.

**Fat fish.** This is one of the best sources of anti -inflammatory protein. There are many omega-3 fatty acids in such fish, it supports the health of the heart and brain. Include salmon, mackerel or sardines in the diet and eat them several times a week.

**Legumes.** There are many antioxidants and vegetable protein in beans, lentils. They also reduce inflammation, contribute to sustainable weight loss.



Photo recipe: Ali Redmond. Evewell Design

**Lenten meat.** Chicken, turkey, venison, bison meat contains a lot of protein and little saturated fats. There is usually a lot of iron in such meat.

**Soy.** Soye proteins are rich in full -fledged protein and isoflavones, which support the health

of the heart and intestines.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***