



# THE Main INGREDIENT

Spring 2019

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## IT'S ALL ABOUT PROTEIN



Our bodies need food to survive and thrive. Whether about food, exercise or wellness, articles in today's magazines all seem to have a common theme – "how do we add more protein to our diet?" "Protein" comes from the Greek word "proteios" which means 'first place' or 'primary,' emphasizing the importance of proteins in our diet.



**Did You Know?**  
Dark chocolate is a great source of protein thanks to its high cocoa content

### So, what is Protein?

There are three macronutrients vital to the day-to-day functioning of the human body – fat, carbohydrates and protein. Macronutrients are nutrients that provide us with calories or energy. To function effectively, our bodies need large amounts of each.

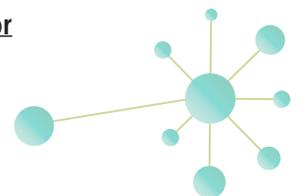
After water, protein is the most abundant substance in the human body; it's found in every human cell. Proteins are made up of amino acids attached to each other with peptide bonds. There are approximately 23 basic amino acids and since our body is not able to create all of them, there are ten essential amino acids we must obtain through food. Animal proteins (meat, fish, poultry and dairy) are very similar to the proteins needed by humans and more easily absorbed by the human body, with little waste.

### Why do we need Protein?

Protein is important at every stage of life. It is needed for muscle building, weight management and healthy aging. Protein is also necessary to support a healthy immune system and essential in the production of hormones.

### The Protein Calculator Tool:

<https://www.boost.com/protein-calculator>



# HOW MUCH PROTEIN DO WE NEED FOR OPTIMAL HEALTH?



## DID YOU KNOW?

- » The average person needs about 7 grams of protein every day for every 20 pounds of body weight.  
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
- » Due to muscle loss, seniors require more protein than younger adults.
- » **Take the Protein Quiz!**  
**How much do you know about protein and healthy protein foods?**  
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/#protein-quiz>
- » According to the NPD Group (US market research), 86% of U.S. consumers who regularly eat plant-based alternatives don't identify as vegan or vegetarian

### What's the story in Canada?

"According to recent research from Dalhousie University, there are 2.3 million vegetarians in Canada, up from 900,000 15 years ago. Another 850,000 people consider themselves vegan. Those two numbers add up to 9.4 per cent of the Canadian population. Geographically, the Dalhousie study found that British Columbia and Ontario contained Canada's highest proportions of vegetarians and vegans."

Learn more: <https://www.ctvnews.ca/canada/more-than-3-million-canadians-vegetarian-or-vegan-study-1.4027606>.

- » **14 Fun Facts about Protein:**  
<https://bareblends.com.au/blog/14-fun-facts-about-protein/>

Health Canada does not provide a % daily value for protein in the nutrition facts table. It's believed that Canadian consumers already get enough protein so the lack of it is not a health concern.  
<https://www.canada.ca/en/health-canada/services/nutrients/protein.html>

In the United States, the Food and Nutrition Board of the Institute of Medicine recommends a daily allowance of 0.8 g of protein per kg of body weight. According to studies undertaken by the European Union Geriatric Medicine Society, older people require more protein – 1.0 to 1.2 g per kg of body weight, per day. For those with acute or chronic disease, higher protein intake is recommended.

## WHAT ARE THE BEST FOOD SOURCES FOR PROTEIN?

Protein is found in dairy products (cheese, milk, yogurt), eggs, fish and seafood, legumes (beans, dried peas, lentils, soybeans), raw greens (kale, spinach), meat (beef, pork, veal, lamb), poultry, and nuts and seeds (hemp, chia, flax). Quinoa, avocado and beets are also good sources of protein. Protein quality is based on the amino acid composition of each food, looking for a full spectrum of the essential amino acids. Animal and dairy-based proteins contain the highest percentage of essential amino acids.

Some experts recommend eating moderate amounts of high-quality proteins at each meal rather than loading up in a single meal. Since the body can only assimilate a certain amount of protein at a time, there is no benefit to overloading on proteins. (Nutritional Outlook Magazine, November 2018, Vol. 21, #9, pg. 16, Optimizing Protein Dosing).

## ARE HIGH PROTEIN DIETS SMART?

There are many studies underway looking at possible negative effects of long-term high-protein intake, with a focus on the effects on liver and kidney function.

## Just released:

The Meat Processor's Journal, Volume 4,  
"Formed & Extruded Processed Products"

Free download here:

<http://stage.meatingplace.com/Ebook/MeatProcessorsJournalVol4>

# DIETS

THAT CONTINUE TO MAKE HEADLINES IN 2019



## Mediterranean Diet

This diet is based on the healthy living in Greece and Italy, with an emphasis on fresh fruits, vegetables, whole grains and lean protein. This is a more traditional diet with a focus on 'fresh' and 'moderation', avoiding sugar and processed foods.



## Paleo Diet

The paleo diet is based on foods similar to what we might have eaten during the Paleolithic era, 2.5-million to 10,000 years ago. A paleo diet typically includes lean meats, fish, fruits, vegetables, nuts and seeds – foods that would have been obtained through hunting and gathering. A paleo diet limits foods that became common when farming emerged about 10,000 years ago. These foods include dairy products, legumes and grains.

<https://www.mayoclinic.org/healthy-life-style/nutritionandhealthy-eating/in-depth/paleo-diet/art-20111182>



## Ketogenic Diet

This is currently a popular diet for fast weight loss; however, there is considerable debate as to its sustainability as a low-term diet program. It includes foods high in fat with moderate protein and low carbohydrates (restricting bread and sugar intake). (Ketogenic Diet, Wajeed Masood, Kalyan R. Uppaturi, StatPearls Publishing LLC, 2019)



## DASH Diet

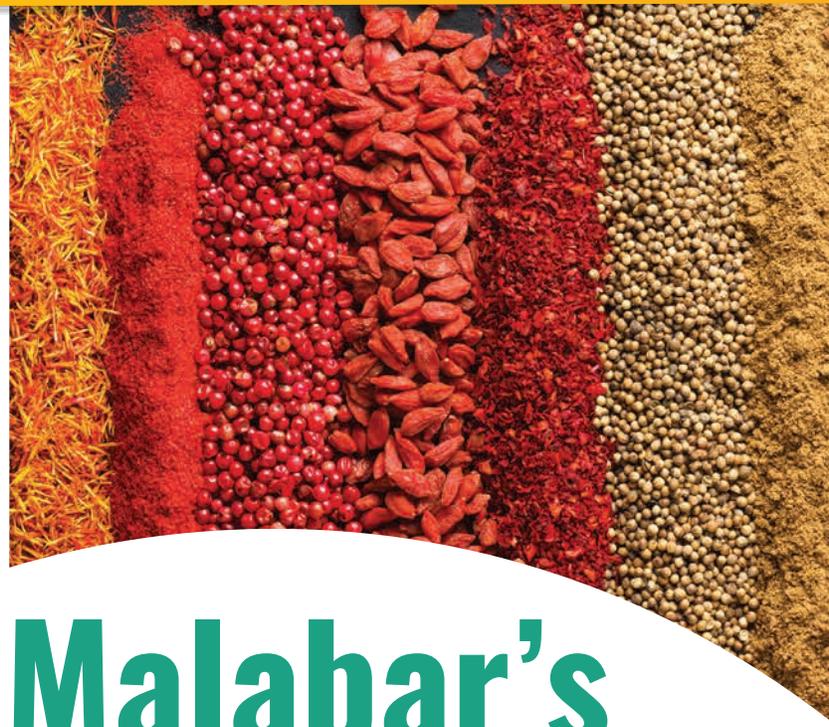
**(Dietary Approach to Stopping Hypertension)**

This approach is a flexible, balanced eating plan with a focus on heart health. It is based on research from the U.S. National Heart, Blood and Lung Institute. Its recommended foods include vegetables, fruits and whole grains, avoiding foods high in sugar and saturated fats.



## Flexitarian Diet

Although this plan allows for an occasional serving of chicken or meat, flexitarian means more of a vegetarian regimen, with emphasis on more non-meat proteins (beans, peas, eggs).



# Malabar's Protein Product Showcase

## MEAT PROTEINS

Pork stock, chicken broth, chicken protein isolate, turkey broth and beef stock. These high protein powders are produced under USDA inspection and can be used as natural flavouring and count toward minimum meat protein requirements.

## PLANT PROTEINS

Pea protein and soy protein. These are isolate powders that improve emulsification, texture and bind. Textured concentrates are also available to add nutritive value and meat-like texture.

## DAIRY PROTEINS

Whey protein concentrate. This dairy protein increases cook yield, reduces purge, improves mouthfeel and enhances slicing yields.

**Call us for more information on our protein ingredient options.**





## president's message

When asked to measure the success of a company, where do you start? The word success is fairly ambiguous and open to interpretation; however, it can be defined as "prosperous termination of attempts or endeavors; the accomplishment of one's goals." To me, the success of any company is directly linked to its employees. It is the traits of our team members that drive company culture and provides us with our distinctiveness.

By being positive, leaders adjusting to new people and environments, and by adapting to every opportunity (expected and unexpected), will generate and preserve these core characteristics into any team member, if they let it.

Characteristics to look for in a strong employee:

- ✓ The ability to work independently and as part of a team
- ✓ Understanding personal strengths and weaknesses
- ✓ Engaging with and encouraging peers
- ✓ Showing initiative and inventiveness, humbly
- ✓ Working with confidence, in a way that inspires others
- ✓ Leading the team, without walking in front of them
- ✓ Focusing on the betterment of the team, in every aspect of the role

Even though the hard skills may vary from one business (or role) to the next, the soft skills, which define traits for excellent employees and successful companies, are long-lasting and universal.

What are some qualities you look for when searching and evaluating top talent?

  
 Mark Brewster  
 President



## upcoming 2019 events

### May 28, 2019

Food and Beverage Ontario Annual Conference: "Creating Growth in an Era of Uncertainty." Toronto, Ontario.

[www.foodandbeverageontario.ca/events](http://www.foodandbeverageontario.ca/events)

### June 3 - 4, 2019

Canadian Meat Council, 99th Annual Conference, "Embracing Change," Niagara Falls, Ontario.

[www.cmc-cvc.com/event/99th-annual-conference/](http://www.cmc-cvc.com/event/99th-annual-conference/)

### June 3 - 5, 2019

IFT 2019 – Feed Your Future, New Orleans, U.S.A.

[www.iftevent.org/](http://www.iftevent.org/)

### July 9 - 10, 2019

World Steak Challenge, Dublin, Ireland.

[www.worldsteakchallenge.com](http://www.worldsteakchallenge.com)

### July 15 - 19, 2019

Sausage & Processed Meats Course, Iowa State University, Meat Laboratory. Learn more here:

[www.ans.iastate.edu/meatcourses](http://www.ans.iastate.edu/meatcourses)



Look for our next edition in June/July 2019

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For more information on any of the subjects covered in this newsletter, or to suggest topics you'd like to see covered in future editions, please contact Tammy Raspberry at [orders@malabarspices.com](mailto:orders@malabarspices.com)

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