

Seven Science-Backed Reasons to Eat More Protein from a Nutrition Expert

The Houstonian Club's nutrition expert, Denise Hernandez, provides a refresher course on why protein matters and easy ways to get more.

HOUSTON, TX, UNITED STATES, August 21, 2023 /EINPresswire.com/ -- Most people know protein's a big deal for staying fit and healthy. But there's more to this whole protein thing that most don't know about. [Denise Hernandez](#), Registered Dietitian, M.S., L.D. at [The Houstonian Club](#), is on a mission to spill the beans (or the protein?) on what makes it so important.

According to Hernandez, protein isn't just something extra in our diets – it's like the superhero of nutrients. "It's what helps muscles repair and grow stronger, boosts immune systems, and powers up our everyday routine."

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Denise Hernandez, Registered Dietitian, M.S., L.D.



Protein is an essential nutrient found throughout the body in hair, skin, nails, muscle, bones, and tissues. It is made up of 20 building blocks called amino acids.

Hernandez routinely provides a Protein 101 crash course to The Houstonian Club's members and clients to give them the full scoop about protein's power and what it can do to improve health and fitness.

What is protein, and why is it important?

Protein is an essential nutrient found throughout the body in hair, skin, nails, muscle, bones, and tissues. It is made up of 20 building blocks called amino acids. According to Hernandez, protein helps people remain in good health, build muscles, and reach optimal fitness potential inside the gym.

"When people don't consume enough protein, the body starts pulling necessary fuel from other places like bones and organs. It is hard to stay healthy for long periods while in a protein deficit," she says.

There are nine essential amino acids that can only be created from food which underscores the reasons why protein is so crucial for growth and development.

Easy ways to get protein

Turkey, chicken, egg whites, fish, and lean beef are all well-known protein powerhouses, but options don't stop there. Hernandez encourages her clients to include Greek yogurt, salmon, ground turkey and black beans. Seeds and grains, including hempseeds, chia seeds, flaxseeds, and quinoa, also have protein.

"Depending on an individual's health and fitness goals, I suggest trying to get at least 20 grams of protein into each meal or snack," says Hernandez. "This will help stave off hunger for longer periods of time with less food."

Hernandez says another easy way to eat more protein is to make options easy and delicious. These copycat Starbucks egg white bites are a popular breakfast or snack option and include about 14 grams of protein and less than 200 calories.

Copycat Recipe for Starbucks Egg White Bites

Ingredients:

- 9 egg whites
- ½ red bell pepper
- 3 oz cottage cheese
- 1 oz spinach (1 handful)
- 1 tsp black pepper
- ½ tsp salt

Instructions:

Whisk all of these ingredients together in a bowl. Pour the mixture into a muffin tin, leaving enough room for them to expand—place in the oven at 360 degrees Fahrenheit for 25 to 30 minutes. Let them cool slightly before removing from the tin and enjoy.

[Photos available here.](#)



Denise Hernandez MS, RD, LD
Nutritionist and Dietitian at The
Houstonian Club shares advice
about how to get more protein.

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turfed fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Trellis offers a Skin Care Clinic and a resident celebrity makeup artist. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also



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includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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