

PREVIEW_ Ted Naiman - Interview (LCC 2018) 2

Dr. Andreas Eenfeldt: Is there any difference between a lean person, lean and metabolically healthy person versus an obese, type 2 diabetic--?

Dr. Ted Naiman: Absolutely.

Dr. Andreas Eenfeldt: --when it comes to protein?

Dr. Ted Naiman: The younger and leaner and more metabolically healthy and thin you are, the less protein you need. The people who can get by with very little protein are very young, lean, healthy, thin, nondiabetic people with low insulin levels.

It's a scientific fact that if you're insulin resistant, your protein requirement goes way up. You're burning through way more amino acids than someone who's metabolically healthy.

So if you're overweight and you have metabolic syndrome, you have abdominal obesity and you are insulin resistant or if you're pre-diabetic or diabetic, or if you're older, in all these settings your protein requirement actually just goes way up.

So anyone who is unhealthy their protein requirement is actually way higher than someone who's extremely lean and healthy.

Dr. Andreas Eenfeldt: Interesting, because some people sort of argue the opposite because they're insulin resistant, it's going to raise their insulin and make it hard for them to get into ketosis or lose weight and so on.

Dr. Ted Naiman: Exactly, a lot of people look at, you know, some thin lean, insulin sensitive bodybuilder who has a fasting insulin level of 2 and say, "That person can eat all the protein they want." And they've got it backwards.

That person can actually hit their maximum muscle potential on maybe 90 g of protein a day. But other people who are obese and diabetic actually have to eat more protein to get the same goals.