

## **Nutritionist Laura de la Harpe with Paddy O'Connell on BBC Radio 2**

### **BBC iWonder protein guide z8899j6**

I know many people who say to me I won't have that potato, give me that chicken breast. Some people I know all they eat is chicken breast.

I think that's wrong as well. I advocate a balanced plate, where 25% of the plate would be protein, 25% would be potato type carbs, so your breads, pastas and rice, so 50% of your plate is your fruits and vegetables, and I think that then mitigates the effects of your protein because you've got all your fibre from the fruits and vegetables, and you've got the anti-oxidants, so the vitamins you need to battle cancer cells.

There's a very interesting part of this study. I wonder if you saw this. You've explained what it says, you've said you don't necessarily back it completely. But it says after-65, they found that older people who did bulk up on more protein that was good for them and they lived longer, because their bodies became a bit more frail, their bodies needed that sort-of meaty boost that you don't so much need when you're 30.

Yes so I think if we look at the whole life span, when you're a child you're growing, and therefore you need protein you need this insulin-like growth factor to help you grow, then through mid-life it seems from the study we don't need quite so much. Because actually our bodies should actually be in repair, so we should just be regenerating cells that exist and not creating new ones. And I think that's where the cancer element comes in.

As we get older, over the 65, we then, our metabolism slows down quite significantly, so then the boost of the protein would then promote a little bit of growth, so then keeping the skeleton and the muscles and so forth in a bit better condition.