

5 Awful Types Of Protein To Stay Away From When Arm Toning

Protein is essential for any effective arm toning program. It plays so many important roles in the female body that close attention has to be given to its management. After all, a lack of protein quality and quantity will set back your sexy arm mission by leaps and bounds.

But not all protein is created equal.

Unfortunately, some sources of protein are very bad for you. So without further delay, here are 5 bad types of protein to stay away from when arm toning:

- 1. Farmed salmon.** The research is clear here: farmed salmon has significant amounts of toxins and carcinogens. Although more expensive, you should stick to wild salmon for long-term health.
- 2. Fried protein.** Deep fried food tastes very good, but the taste comes at a cost. Not only are you loading up on fat, but if you inhale the fumes your risk for lung cancer goes up a lot.
- 3. Charred meats.** We love big grills and big barbecues. Unfortunately, all those black and crunchy edges of meat increase colon cancer risk. So stay away from any type of meat that has been cooked to the point of blackness.
- 4. Red meat with high fat content.** Red meat has a bad reputation. But it's not the red meat that's bad for you, it's the saturated fat within the red meat that causes the damage. If possible, stick to grass fed sources of meat. They will be higher in omega-3 fats and lower in saturated fat.
- 5. Deli-cut meat.** I used to eat tons of this stuff because it's so convenient. Then I found out that it's one of the most unhealthy sources of protein out there. Why? Because of the nitrates. Stay away from processed meats no matter how convenient they may be. Your body will thank you for it.

Toning flabby arms should not include risks to your health. So make sure you stick to clean and natural sources of protein. And by avoiding the above types of protein you'll be much more healthier during your sexy arm journey.

About the Author

Writer Katherine Crawford, a Harvard exercise expert and former arm fat sufferer, teaches women how to [tone up arms](#). Discover how to get sexy and toned arms by visiting her blog about how to [tone flabby arms](#) right now!

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