

Perspective

Health Benefits of a Low-Protein Diet

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DESCRIPTION

Humans are naturally omnivores, the culture of each person holds some food preferences or some food restriction. This may be due to ethical reasons or personal tastes. Every Individual dietary choice may be different from each other and more or less healthy. Basically nutrition, diet is the sum of food consumed by an individual or an organism. The diet implies the intake of specific nutrition for health or weight-management reasons. The low-protein diets are the advantages of a most of the people with specific diseases or health illness, rather than those who are generally healthy. Dietary patterns or their choices play an important role in the quality of life, health and longevity. Complete nutrition requires in the form of vitamins consumption and absorption, essential amino acids from protein and essential fatty acids minerals, from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. By consuming excess protein is typically broken down by the liver, which produces a waste product called urea, which is excreted by the kidneys. Liver and kidneys can reduce the workload by decreasing protein intake, impaired kidney function or which can be beneficial for people with liver disease. Which improve protein metabolism and prevents a build-up of urea in the blood stream.

Urea levels usually increases in the blood and it causes several symptoms like loss of appetite, fatigue, weight loss and changes in mental status. There is a higher risk of health conditions when It is associated with type 2 diabetes and death in those with heart failure. Effects of reducing protein intake is necessary, Protein cells in plant and animal tissue, respectively, and came to this conclusion. Rudolf Virchow added to the cell metabolism was affected by the genetic disorder causes homocystinuria and phenylketonuria. And also Vegetable protein intake was associated with decreased risk in many

studies. When protein intake exceeds 20–23 E% than, potentially adverse effects in human body. By Reducing protein intake can help minimize symptoms, these disorders impair the breakdown of specific amino acids. The low-protein diets have several health benefits for the general population. According to one review, increases the life expectancy and reduced risks of chronic conditions like cancer, heart disease and diabetes by restricting the intake of protein in middle-aged adults. The effects that are associated with long-term high protein/high meat intake in humans were (a) precipitated, (b) increased cancer risk, (c) disorders of renal function, (d) disorders of liver function, and (e) disorders of bone and calcium homeostasis.

Potential long-term benefits and Side Effects of protein intake by healthy adults

- For determining the growth and development Protein is an essential nutrient.
- Produce important enzymes and hormones, and build and repair tissues in which our body uses it to form the foundation of your muscles.
- Skin and bones, Studies show that the intake of protein deficiency can have harmful effects on health, which including impaired immune function, muscle loss and also decreased the growth in children.
- Possible symptoms of protein deficiency include swelling, anemia, fatty liver disease, hair loss and reduced bone density.
- For example, Nutrients like B vitamins, iron and zinc are consumed by beef intake, while magnesium, phosphorus and potassium are present in beans.

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