Few common myths about protein we must stop believing.

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Introduction

It's a fact that your body requires protein. The macronutrient plays a variety of important activities in the body, including assisting in the proper functioning of your cells, tissues, and organs. Yes, you must consume meals containing it since, while the body can create certain amino acids that make up protein chains, it cannot produce others [1].

After that, there's a lot of debate about how much your body requires, what form it should take (animal, vegetable, or vanilla-flavored white powder poured into a large plastic container to be sold at ye olde supplement shoppe), and whether the macronutrient can help you lose weight or gain muscle. “The National Academy of Medicine established a broad range of recommended protein which ranges from 10% to 35% of daily calories”. “Apart from that, there is relatively little solid information on the optimal amount of protein in the diet or the healthiest target for protein-related calories.” This allows for a lot of room for misunderstandings to grow.

Myth #1: There’s no such thing as too much protein.

Rural-urban interface of the Bangalore (two transects) was defined as a common space for interdisciplinary research. The northern transect (N-transect) is a rectangular strip of 5 km width and 50 km length, the lower part of this transect cuts into urban Bangalore, and the upper part contains rural villages. The Southern transect (S-transect) is a polygon covering a total area of 300 km^2. Rural-Urban interface was further divided into three sub regions viz., Rural, Transition and Urban areas based on the simplified Survey Stratification Index (SSI) by following the logic of the Urban-Rural Index which considered distance to the city centre (Vidhana Soudha) and percentage of built-up area [2]. This classification of regions, formed basis for selection of 300 middle income households based on purposive random sampling, in the rural-urban interface of Bangalore. In which 479 women and 474 men were assessed for nutritional status.

Myth #2: Plants alone do not provide enough complete protein

The truth is that you can. Experts used to believe that obtaining a full protein—one that contains all nine of the essential amino acids your body can't create on its own—required pairing specific plant proteins. We now know that as long as you consume from a range of food categories throughout the day, you don't have to blend plant proteins perfectly inside one meal. In reality, according to a 2019 study, vegetarians who ate enough protein-rich foods obtained enough protein and amino acids.

Beans, nuts, and seeds can meet your daily needs just as effectively as meat and dairy items (a cup of cooked black beans has 16 g, about 35 percent of your daily requirement; a cup of edamame has 18 g, compared with 29 g in a 4-oz beef burger). Broccoli, bean sprouts, green peas, and spinach, for example, have less protein than meat, although they do have some [3].

Myth #3: Cheese is an excellent source of protein

If only, is the truth. Brie babes, pay attention: While cheese is abundant in protein (only 1.5 oz of Cheddar provides 10 g), it is also high in sodium, calories, and saturated fat, which raises cholesterol. According to the American Heart Association, you should limit saturated fat to about 13 g per day (on a 2,000-calorie diet) and sodium to 2,300 mg per day, so 1.5 oz of Cheddar (roughly the size of three dice) would provide more than half of your saturated fat and more than 10% of your sodium budget for the day. Lower-fat alternatives are your best bet (think feta, mozzarella, and cottage cheese). In any case, cheese should not be your primary source of protein.

Myth #4: Animal protein is carcinogenic

The truth is that it's not that straightforward, and meat lovers should be aware that not all meats are made equal. Doctors usually refer to red meat and processed meats like bacon, sausage, ham, and jerky when they discuss the link between meat and cancer. Processed beef is classified as a Group 1 carcinogen by the World Health Organization, which means there is evidence that it can cause colon cancer in people. Red meats such as beef, hog, veal, and lamb are classified as Group 2 carcinogens, and there is some evidence that they may increase cancer risk.

Instead of beef, hog, and lamb, researchers propose focusing on wild fish and shellfish, some chicken and duck, and eggs—foods that don't contain the Neu5Gc sugar molecule, which has been associated to cancer. Meanwhile, eating a diet rich in fruits, vegetables, and seafood can lower your risk of colorectal cancer by 43%.

Myth #5: Protein powders and bars are excellent sources of protein

The truth is that this isn't the case. Many protein bars and powders have additional sugars or other sweeteners, as well as colours and preservatives. Processed meals can clog the mitochondria, the microscopic organelles that convert food into energy for the body's cells, thus the more processed they are, the more sluggish they can make you feel. Furthermore, getting protein from whole foods ensures that you obtain other nutrients like calcium and fibre [4,5].

Even so, having a bar or powder on hand can be useful. Look for bars that have at least 3 g of fibre and ingredient lists that include fruits and nuts, as well as natural sweeteners like monk fruit and dates. "Make sure sugar isn't the first ingredient" no matter what name sugar is listed under (even if it's honey or maple syrup).

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