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## The effect of adding whey protein to a moderately high-fat meal on postprandial lipaemia

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**Objective:** Presently, whey protein has been subject of many studies investigating human health due to their amino acid content. As a result, the current double-blinded, randomized, controlled trial aimed to investigate the effect of adding whey protein to a moderately high-fat meal on Postprandial Lipaemia (PPL).

**Methods:** Five overweight and obese postmenopausal women (aged between 51-70 years, with a mean BMI of 35.6 kgm<sup>-2</sup>, mean % body fat of 50.1) who do not perform more than 2.5 hours of exercise per week completed two trials, consuming breakfast either with or without added whey protein (15g) after which blood samples were collected (0 h, 2 h, 4 h, 6 h postprandially). Blood was analysed to obtain the fasting triacylglycerol (TAG) and fasting glucose as well as postprandial TAG and postprandial glucose concentrations. Resting metabolic

rate (RMR) (2.5 h and 5.5 h postprandially) as well as subjective appetite sensations and palatability of the meal were measured.

**Results:** There was no significant difference in postprandial lipaemic response, postprandial glycemia (PPG), RMR, subjective appetite sensations or palatability between the two meals. However, it was observed that the whey protein meal significantly increased the desire to consume salty food and drink (p=0.048).

**Conclusion:** The addition of whey protein did not have any significant effect on postprandial TAG concentrations. However, our study showed that the consumption of whey protein did not have any detrimental effects on other measured parameters, such as PPG and that therefore can be incorporated into diet.

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