

[IMAGE]

Why Type of Protein Is Best for Cholesterol?

By Editorial Staff

Protein is a buzzword these days, with products galore touting their "high protein" or "great source of protein" content. Heart health is another buzzword, but unfortunately, in a bad way – as in the depressing reality that our poor-diet, exercise-deficient society is falling prey to cardiovascular disease. Let's address both by examining a study that evaluated how the type of protein you consume impacts your cholesterol levels.

The study compared three commonly consumed protein sources – red meat, white meat and "non-meat" – in terms of their specific influence on cholesterol. Subjects were randomly assigned two groups, with each group receiving each of the three protein diets for four weeks at a time in random order.

Consuming red and white meat as sources of protein increased low-density lipoprotein (LDL or "bad" cholesterol) compared to consuming non-meat protein. Eating red meat vs. white meat did not have a significant impact on LDL. As the authors of the study, published in the *American Journal of Clinical Nutrition*, state in their conclusion: "The findings are in keeping with recommendations promoting diets with a high proportion of plant-based food but, based on lipid and lipoprotein effects, do not provide evidence for choosing white over red meat for reducing CVD risk."

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