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Physical Activity and Protein intake for Diabetes Patients

Krishna Ganesh*

Department of Nutrition and Dietetics, Chandigarh University, Chandigarh, Punjab, India

Editorial

Obesity, cardiovascular disease, malignant tumours, and type 2 diabetes mellitus are all risk factors for diet composition. It is critical to consider both the quantity and quality of macronutrients when recommending a diet for patients. Obesity, fatty liver, and insulin resistance have all been linked to a high sucrose, high fructose, or fat-rich diet in animal studies. These findings are in line with the findings of a knockout mouse study that used nutrient-sensing transcription factors. A high-protein diet causes weight loss and fat mass loss through lowering calorie intake and expenditure. In a human investigation, carbohydrate consumption was found to be nonlinearly related to mortality, including cardiovascular disease. In terms of dietary fibre, consumption of vegetables and fruits is related with an increased risk of type 2 diabetes mellitus. According to certain studies, total protein intake is favourably associated with all-cause mortality, demonstrating a negative relationship between animal protein and CVD mortality. Furthermore, nutritional intervention for protein consumption is required for sarcopenia management and prevention. As a result, diet composition is a significant factor of mortality and lifetime activity.

Fanelli recently published a study that found a link between nutrient consumption, food quality, mortality, and functional limits in 23,487 diabetic patients (>31 years old). Patients who took less protein (0.8 mg/kg total bodyweight) ingested more carbohydrates and added sweets. Furthermore, patients who took less protein ingested less fat, including saturated and monounsaturated fats; vitamins (choline, vitamin B12, vitamin C, vitamin D, and vitamin K); phosphorus; and several minerals (zinc, magnesium, selenium, and sodium). The authors measured overall diet quality using the Healthy Eating Index 2015 (HEI-2015), a marker for total diet quality. The HEI-2015 scores for total quantity of eaten veggies, wholegrains, dairy, and added sugars were significantly lower in patients who did not meet their protein needs. Furthermore, those who consumed less protein had a higher mean number of functional impairments. These findings imply that a higher amount of protein intake is connected with higher levels of food quality and physical activity. According to this study, a reduced protein intake promotes a lower quality of physical exercise in diabetic individuals.

Protein consumption is connected with an increased risk of sarcopenia in people with diabetes. In diabetic patients, this could be linked to insulin resistance. Insulin resistance can lead to a decrease in amino acid consumption and protein synthesis in the muscles, resulting in muscular atrophy and decreased physical activity. Protein consumption must be adequate to avoid the onset of sarcopenia. Many studies, on the other hand, have found that a low-protein, high-carbohydrate diet is good for lowering mortality. A high-protein, low-carbohydrate diet is also bad for your health and longevity. Diets with a higher carbohydrate to protein ratio increased insulin sensitivity and longevity in flies and mice. A high-protein, low-carbohydrate diet has also been linked to an increase in mortality rates in humans. In contrast, a high protein and fat diet improved reproductive capacity in flies and mice. Furthermore, a high protein consumption was linked to lower levels of overall mortality and cancer mortality in the over-65 group, but a 5-fold rise in diabetes mortality rates across all ages. These findings show that the amount of protein consumed should vary depending on the goal (longevity, cardiovascular disease, diabetes, and sarcopenia) and age of the individual (65 years old vs. 65 years old).

Protein quality is also an important component in determining the mortality rate connected with a diet. A high-animal-protein, low-carbohydrate diet was linked to higher all-cause, cardiovascular, and cancer mortality rates. A high-vegetable-protein, low-carbohydrate diet, on the other hand, was linked to lower all-cause and cardiovascular death rates. Plant-based protein sources, on the other hand, tended to have lower levels of essential AA (EAA) ratios than non-essential AAs (NEAAs). As a result, the synthetic reactions of muscle proteins to plant-based proteins were less than those of animal-based proteins. In this study, patients with poor protein consumption preferred fatty and processed meats over plant or seafood-based proteins. The amount and composition of essential amino acids change greatly between plant- and animal-based proteins. Increasing the plant-to-animal protein ratio may help to avoid cancer, cardiovascular disease, diabetes, and sarcopenia. As a result, referring to the amino acid score of food and combining different foods is critical [1-5].

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***Address for Correspondence:** Krishna Ganesh, Department of Nutrition and Dietetics, Chandigarh University, Chandigarh, Punjab, India; E-mail: kkganesh845@gmail.com*

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