

- Proteins—nutrition

## Healthy Protein-Rich Foods

Foods that are rich in proteins and are good for human health recommended by Suc khoe & Doi song news site

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Proteins play an important role in the formation of cells, new tissues and muscles, and the functioning of the cardiovascular (circulatory) system. Proteins help maintain the elasticity of blood vessels, thus reducing the risk of atherosclerosis. Proteins from plant-based foods can help lower blood pressure and the LDL cholesterol levels (considered as bad) in the blood.



As recommended by the National Institute of Nutrition, the daily demand for proteins of a male adult is 74–68 grams, and 63–60 grams for a female adult. However, the protein demand also depends on its absorption, lifestyle, metabolism process, and physical activities of every person.

Many often believe that meats are a protein-rich food. But red meats have more saturated fats than skinless poultry, fish, and plant-based proteins. Saturated fats may increase the cholesterol levels in the blood and thus increasing the risk of heart disease.

### Healthy protein-rich foods

The American Heart Association recommends that everybody should choose healthy proteins from plant-based foods, fish and seafood. Those who love meats and poultry should choose unprocessed lean meats.

Fish is the best food for human health, as it has abundant proteins, vitamins and minerals, especially omega-3 fatty acids. Of the three main omega-3 fatty acids – DHA, EPA and ALA – DHA and EPA are better for health. These two omega-3 fatty acids are found in anchovy, sardinella, mackerel, cod, salmon, sardine, and tuna. DHA and EPA can help lower the triglyceride in the blood and delay atherosclerosis, thus preventing cardiovascular diseases.

Plant-based proteins have low fat and cholesterol levels, but are rich in vitamins, minerals, dietary fiber, and antioxidants, which are good for the heart and blood vessels. Healthy protein-rich foods are vegetables, fruits, whole grains, beans, peas, and nuts. They are also rich in dietary fiber that can help lower cholesterol levels in the blood. High cholesterol levels, especially LDL cholesterol, may increase the risk of atherosclerosis, heart disease, and stroke. Dietary fiber in fruits and vegetables can also help lower blood pressure and ease the burden for the functioning of the heart.

The ALA, one of the three main omega-3 fatty acids, is found in walnut, chia seed, flaxseed, pea, and spinach. Meanwhile, vegetables and fruits have plentiful antioxidants, especially polyphenols, which can help protect the body and neutralize free radicals. Without being neutralized, free radicals may damage cells and increase the risk of heart disease, diabetes, and even cancers.

According to Assoc. Prof. Dr. Vu Duc Dinh at Vinmec Central Park International Hospital, a healthy diet can help reduce the risk of heart disease. Healthy foods that are good for the heart are fish, lean meats, skimmed milk, vegetables, fruits, drupe, whole grains, and beans and peas. You should also restrict the use of foods containing saturated fats, sugar, fast food, salty foods, fried dishes, and alcoholic drinks.