

High-protein diets can reduce liver fat

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In a study published in the Journal of Gastroenterology, the results showed that the fat in the liver was reduced by 48% after the change, applying high- **protein** meals on **fatty liver patients**.



Photo source: Internet

To get this study, the German Institute of Nutrition conducted research on 37 subjects of men and women with fatty liver from 49 to 78 years old. And all randomized groups were divided into two groups, one for normal meals, the other applied evenly to two meals including noodles, bean bread, and the rest of the meal was mostly from lean meat, fish, white milk. Generally, two meals of this group are rich in protein from plants and animals.



Photo source: Internet

Results after 6 weeks of application showed that fatty liver on the body of people eating protein-rich meals decreased by 48%, and more than 50% of the respondents in this group showed signs of improving liver infection. fat. In it, the rest of the group did not see any positive signs.

In addition, side effects from protein-rich meals such as **renal dysfunction**, glucose **metabolism** dysfunction were also not found. - Dr. Mariya Markova said in a statement.

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