



ISSN: 2249-7315

Vol. 11, Issue 10, October 2021

SJIF –Impact Factor = 8.037 (2021)

DOI: 10.5958/2249-7315.2021.00064.2

USAGE OF HIGH-PROTEIN DIET FOR PHYSICAL FITNESS AND SPORTS ACTIVITIES

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ABSTRACT

Meat, dairy, and eggs are often included in high-protein diets. A high-protein diet is one in which protein makes up at least 20% of total daily calories. Most high-protein diets include a lot of saturated fat and limit carbs severely. Lean beef, chicken or poultry, pork, salmon and tuna, eggs, and soy are just a few examples of high-protein meals. High-protein diets have been decried as fads that promote erroneous ideas about carbs, insulin resistance, and ketosis, among other things. There are over 50,000 dietary supplement products on the market in the United States, where approximately half of the adult population uses dietary supplements, generating an industry valued at \$140.3 billion by 2020. Most people take multivitamins because they include a variety of vitamins and minerals in them. Those who are nutrient deficient due to their diet and have been given the go-ahead by their medical provider, according to the US National Institutes of Health, "may find benefit" in taking supplements.

KEYWORDS: *Protein, Protein in Sports, Usage of Protein for Physical Fitness*

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