

# Quality protein intake is inversely related with abdominal fat

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[Loenneke JP](#), [Wilson JM](#), [Manninen AH](#), [Wray ME](#), [Barnes JT](#), [Pujol TJ](#).

## **Source**

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## **Abstract**

ABSTRACT: Dietary protein intake and specifically the quality of the protein in the diet has become an area of recent interest. This study determined the relationship between the amount of quality protein, carbohydrate, and dietary fat consumed and the amount of times the ~10 g essential amino acid (EAA) threshold was reached at a meal, with percent central abdominal fat (CAF). Quality protein was defined as the ratio of EAA to total dietary protein. Quality protein consumed in a 24-hour period and the amount of times reaching the EAA threshold per day was inversely related to percent CAF, but not for carbohydrate or dietary fat. In conclusion, moderate to strong correlations between variables indicate that quality and distribution of protein may play an important role in regulating CAF, which is a strong independent marker for disease and mortality.

The lesson here: if you want a low fraction of central abdominal fat, eat plenty of protein. Another lesson: it's not all about calories when it comes to getting fat.