

Consuming more vegetable protein may help kidney disease patients live longer

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Increased consumption of vegetable protein was linked with prolonged survival among kidney disease patients in a new study. The findings will be presented at ASN Kidney Week 2013 November 5-10 at the Georgia World Congress Center in Atlanta, GA.

Due to poor [kidney function](#), toxins that are normally excreted in the urine can build up in the blood of individuals with [chronic kidney disease](#) (CKD). Research shows that compared with [animal protein](#), vegetable protein intake in patients is linked with lower production of such toxins. It is unclear whether consuming more vegetable protein prolongs CKD patients' lives, however.

To investigate, a team led by Xiaorui Chen (University of Utah) studied 1,104 CKD patients in the 1988-1994 National Health and Nutrition Examination Survey III and asked them about their animal and vegetable protein intake.

After controlling for various factors such as age, smoking, and BMI, the researchers found that for each 10 gram increase in vegetable protein intake per day, participants had a 14% lower risk of dying by the end of 2006. "Interventional trials are needed to establish whether increasing vegetable protein will decrease mortality in the CKD population," they wrote.

More information: Study: "Higher Intake of Vegetable Protein Is Associated with Lower All-Cause Mortality in Chronic Kidney Disease"

(Abstract 4058)

Provided by American Society of Nephrology

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