

Study finds high protein diets lead to lower blood pressure

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A medical student checking blood pressure using a sphygmomanometer and stethoscope. Image: Wikipedia.

Adults who consume a high-protein diet may be at a lower risk for developing high blood pressure (HBP). The study, published in the *American Journal of Hypertension*, by researchers from Boston University School of Medicine (BUSM), found participants consuming the highest amount of protein (an average of 100 g protein/day) had a 40 percent lower risk of having high blood pressure compared to the lowest intake level.

One of three U.S. adults has hypertension and 78.6 million are clinically obese, a risk factor for the development of hypertension. Because of the strain that it puts on [blood vessel walls](#), HBP is one of the most common risk factors of stroke and an accelerator of multiple forms of heart

disease, especially when paired with [excess body weight](#).

The researchers analyzed protein intakes of healthy participants from the Framingham Offspring Study and followed them for development of [high blood pressure](#) over an 11-year period. They found that adults who consumed more protein, whether from animal or plant sources, had statistically significantly lower systolic blood pressure and [diastolic blood pressure](#) levels after four years of follow-up. In general, these beneficial effects were evident for both overweight (BMI ≥ 25 kg/m²) and normal weight (BMI

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