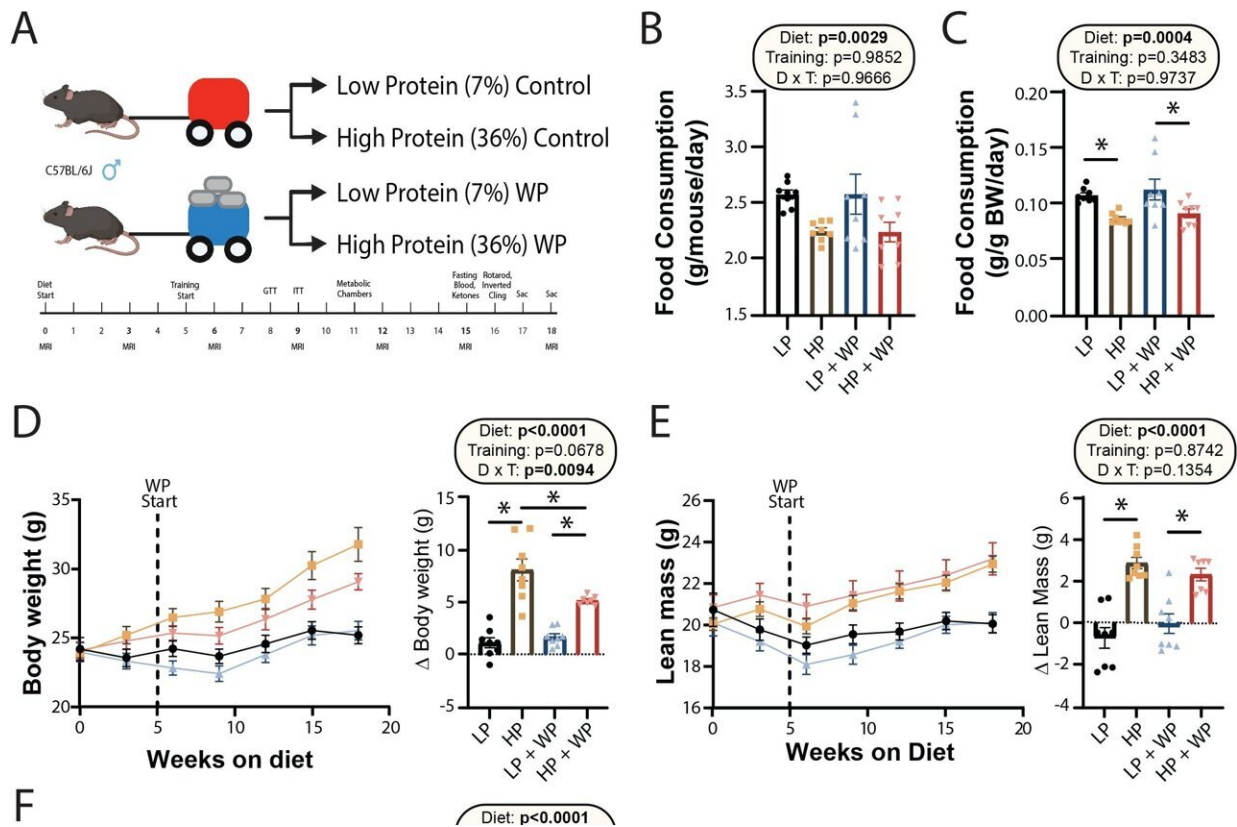


# Strength training may reduce health risks of a high-protein diet

October 18 2023



Weight pulling protects from high protein diet induced weight and fat gain. (A) Experimental design. (B-C) Food consumption per mouse (B) or normalized to body weight (C) after ~6 weeks on the indicated diets.  $n=8$ /group. (D-F) Body weight (D), lean mass (E) and fat mass (F) over time, and change ( $\Delta$ ) from the beginning to end of study.  $n=7-8$  mice/group. (G-J) Weight of the iWAT (G), eWAT (H), BAT (I), and liver (J) at the conclusion of the study.  $n=6-7$  mice per group. (B-J) Statistics for the overall effects of diet, training, and the interaction represent the p value from a two-way ANOVA; \* $p$

Citation: Strength training may reduce health risks of a high-protein diet (2023, October 18)  
retrieved 27 April 2024 from

<https://medicalxpress.com/news/2023-10-strength-health-high-protein-diet.html>

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