

Damage and Benefit of animal and vegetable oil for our body

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Abstract: Today, of course, we know that most proteins from both plants and Animals are “complete proteins” (meaning they contain all of the essential amino acids we need). however, people sometimes use the term “low quality” to refer to plant proteins because they typically have a lower proportion of these essential amino acids as compared to animal’s proteins. This research goal is the analysis of the Damage and Benefit of animal and vegetable oil for our body, the result shows that Animal foods are the highest quality protein source plant Source, lack one or more amino acids which makes it more difficult to get all the amino acids that your, body needs and also the adverse effects, associated with long term high- protein high meat diets may include disorders of bone, and calcium balance increased cancer risk disorders of the liver and worsening of coronary alter disease.

Keywords: Animal Oils, Vegetable oil, Amino Acids, Proteins.

1. Introduction:

Today, of course, we know that most proteins from both plants and Animals are “complete proteins” (meaning they contain all of the essential amino acids we need). However, people sometimes use the term “low quality” to refer to plant proteins because they typically have a lower proportion of these essential amino acids as compared to animal’s proteins.

But it’s important to understand that having a higher proportion of essential amino acids, as animal protein dose, is actually damaging (not advantageous) for our health. We outline seven ways that animal protein damages your health.

2. Animals protein and fiber (or total lack thereof):

Unlike plant protein, which comes packaged with fiber, antioxidants, and phytonutrients, animal protein comes with exactly none of the foregoing. To this point, meat, eggs, poultry, dairy, fish and other animal’s foods have absolutely no fiber whatsoever. Many people in their effort to “get enough” protein, tend to eat large amounts of animal foods, which displaces plant foods that have these important nutrients. Fiber deficiencies, in particular, are far more common than not.

For example, the institute of medicine recommends that;

Men consume 38 grams of fiber, but the average adult only eats about 15 grams per day-less than half the recommended amount. In fact, according to the USAD, almost all Americans (~95%) do not get an adequate amount of dietary fiber. High fiber intake is associated with decreased cancer risk, Specifically colon and breast cancer as well as lower risk of ulcerative colitis crohn’s disease constipation and diverticulitis It may also reduce the risk of stroke high cholesterol and heart disease

3. Animal protein and igf-1(increased cancer risk) :

When we ingest proteins that have a higher proportion of the essential amino acids (which is a characteristic of animal protein) it results in our bodies producing higher levels of the hormone insulin-like growth factor-1(igf-1) This hormone stimulates cell division and growth in both healthy and cancer cells and for this reason having higher circulating levels of igf- 1 has been consistently associated with increased cancer risk proliferation and malignancy.

4. Animal protein and tmao :

Consuming animal protein also results in us having higher circulating levels of trimethylamine N - oxide (TMAO) . TMAO is a substance that injures the lining of our vessels creates inflammation and facilitates the formation of cholesterol plaque in our blood vessels and that of course is highly problematic for cardiovascular health.

Tmao is created by complex interactions involving our gut flora and the nutrients in the food we eat and when we eat animal foods it alters our gut flora in such a way that facilitates the creation of tmao so consuming animal foods result in higher tmao levels which is damaging to our vessels. even without all of the other problematic aspects of animal foods, this one issue involving TMAO is, according to the recent president of the American college of cardiology Dr. KIM A. Williams, sufficient by itself for people to vigorously avoid animal foods.

4. Animal's protein and phosphorus.:

Animals protein contains high levels of phosphorus. and when we consume high amounts of phosphorus, one of the ways our bodies normalize the level of phosphorus is with a hormone called fibroblast growth factor 23(FGF23)

FGF23 has been found to be harmful to our blood vessels. It can also lead to hypertrophy of the cardiac ventricle (abnormal enlargement of our cardiac muscle) and is associated with heart attacks, sudden death, and heart failure. So eating animals protein with its high concentration of phosphorus can result in increased level of this hormone in our bodies, which in turn is highly problematic for our head.

5. Animals protein, heme iron, and free radicals :

Iron is the most abundant metal in the human body. We can consume in two forms (a) heme iron, found widely in animal food like meat, poultry, and fish; and(B) non-heme iron found widely in plant foods.

One of the problems with heme iron is that it can convert less reactive oxidants into highly reactive free radicals can damage different cell structures like proteins, membranes, and DNA.

Heme iron can also catalyze the formation of N-nitroso compounds in our bodies, which are potent carcinogens. So, not surprisingly, high intake of heme iron has been associated with many kinds of gastrointestinal cancers as well as other pathologies.

It is true that heme iron has higher absorption rates and bioavailability than non-heme iron. However, iron itself can cause oxidative stress and DNA damage, so with iron generally , it's not always a situation where 'more is better'.

While we definitely need iron, the absorption and bioavailability of iron from a well-rounded plant-based diet is generally adequate, and we can avoid the problems associated with heme iron and other negative health attributes of animal foods.

6. Higher sulfur- containing amino acids and bone health problems:

Animal proteins also have, in general, higher concentrations of sulfur-containing amino acids, which can induce a subtle state of acidosis when metabolized. One of the mechanisms our bodies use to compensate for this acidosis is leaching calcium from our bones to help neutralize the increased acidity. Over time, this can have a detrimental effect on bone health.

This is thought to be one of the reasons why this is thought to be one of the reasons why some studies have found that populations with higher dairy consumption, as well as higher consumption of animal protein in general, also have a higher incidence of bone fractures.

7. Animal protein and cholesterol”

Most animal foods contain saturated fat and cholesterol (this is true for even so-called “lean” meats like chicken, turkey, and salmon, regardless of how they are cooked or prepared even if boiled, baked, or steamed).

As humans, we do not need to consume any cholesterol, since our bodies synthesize all the cholesterol we need for our bodies synthesize all the cholesterol we need for our physiologic functions.

Eating cholesterol despite this fact is problematic for our health, as it increases our risk of developing heart disease- currently the no. 1 cause of death for both men and women in the united state.

Atherosclerosis, or plaques of cholesterol that accumulate in the lining of our vessels, is exquisitely less common on a plant-based vegan diet devoid of animal product. And some studies have found that eating this way can even reverse atherosclerosis.

8. The real “high quality” foods :

Given all the issues, the “high quality” aspect of animal protein might be more appropriately described as “high risk” instead and there's no need to obsess about getting enough protein either. If you are eating a sensible variety of plant foods (e.g., vegetable, fruits, legumes, grains, roots, nuts, and seeds), and you are eating enough calories (i.e., you feel satisfied), there is no need to worry about protein adequacy

The amino acid we need are structurally identical regardless of the source. However, as discussed above, there are serious health implications depending on whether the amino acids are packaged within animal or plant foods. Dr. Walter Willett, the chair of Harvard's department of nutrition, said it well:

“To the metabolic system engaged in protein production and repair, it is immaterial whether amino acids come from animal or plant protein. however, protein is not consumed in isolation. Instead it is packaged with a host of other nutrients.

He therefore recommends that you “pick the best protein packages by emphasizing plant sources of protein rather than animal sources.

In the end, plant foods that we should be eating for optimal health.

9. What are the health benefits of vegetable oil?

Vegetable oils come from oil-bearing seeds such as olive, soybeans, corn, peanuts, cotton seed and palm nuts. Vegetable oils contain 100 percent fat, and they usually remain liquid even at fairly low temperatures. Most vegetable oils come in a light yellow color and produce a mild, tolerable odor. The most common uses of vegetable oil include as shortening for baked goods, pastries and breads; to

10. Improvement of metabolism

The intake of vegetables oil, particularly olive oil, may increase metabolism in obese people, according to a study conducted in sao Paulo state university, brazil, and published in the October 2010 issue of the “nutrition journal.” As stated in this study, olive oil contains phenolic compounds, substances that have antioxidant, anti-blood clotting properties, which may possibly increase the body’s metabolic rate.

11. Decrease in risk for heart disease

Vegetable oil may decrease the risk for developing heart diseases, according to a study conducted in state university of New York, buffalo, and published by “the journal of the American medical association” in February 1990. The researchers of this study also observed that the factors associated with the development of cardiovascular ailments, such as increased blood sugar level, increased blood pressure and increased serum cholesterol level, normalized in participants who include vegetable oils in their regular diet. Nut oil and canola oil, contain omega-3 fatty acids, an essential fatty acid that cannot be synthesized within the body. According to the university of Maryland medical center, omega-3 plays a healthy heart and brain function and the normal growth and development of the body. In fact, the American heart association recommends the regular intake of omega-3 fatty acids for the prevention of cardiovascular diseases.

12. Olive oil advantages and disadvantage

Supermarket shelves overflow with oils of all types—the standard olive and canola oils, nut oils such as walnut and peanut oils, and tropical oils including palm and coconut varieties. One oil that nutrition properties is olive oil, which is particularly rich in heart-protective monounsaturated fats. While olive oil contains 13.5 grams of fat per one tablespoon serving, only 1.82 grams of this is saturated fat is the type of dietary fat that can increase your LDL, or unhealthy, cholesterol, putting you at greater risk of heart disease. One tablespoon of olive oil provides 9.95 grams of monounsaturated fat and 1.12 grams of polyunsaturated fat. Both varieties are considered healthy fats because of their implication in lowering blood cholesterol, reducing inflammation and promoting stable heart rhythms.

13. Extra-virgin versus regular

All varieties of olive oil are rich sources of monounsaturated fats. However, virgin and extra-virgin and extra-virgin olive oils, which indicate a lower degree of processing, have the greatest percentage of the class of antioxidant known as polyphenols. Polyphenols are important in promoting heart health. Your daily allowance for oil will depend on your age, sex and level of physical activity, notes the U.S. department of agriculture’s my pyramid website. The USDA

Encourages women to consume no more than teaspoons of oils per day and recommends that men consume no more than 6 teaspoons of oil a day. Use olive oil as a cooking medium for stir-frying vegetables and meats or as an ingredient in homemade salad dressings. While a healthful food, olive oil is dense with calories, containing 120 calories per one tablespoon serving. If you are concerned about limiting excess amounts.

14. Recommendation:

Everybody for each age should be careful for their health that’s why I want recommend that the human should do not use animal oil instead of animal oils we must use vegetable oil especially olive oil, sesame, slim oil because this type oils can decrease cholesterol, heart diseases, triglyceride, fat and etc...

15. Conclusion:

Animal foods are the highest quality protein source plant Source, lack one or more amino acids which makes it more difficult to get all the amino acids that your, body needs and also the adverse effects, associated with long term high- protein high meat diets may include disorders of bone, and calcium balance increased cancer risk disorders of the liver and worsening of coronary alter disease and animal products contain saturated fat and higher levels of cholesterol than sources of plant protein results of a 2016 meta-analysis suggested that eating more animal protein especially that derived from processed red meat may increase the risk of dying from cardiovascular disease

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