

Symposium: Alternative protein sources for health and performance.

Title: Recent data exploring the impact of non-animal derived dietary proteins on muscle protein metabolism.

Professor Benjamin T Wall, University of Exeter.

ABSTRACT:

Dietary protein ingestion to support skeletal muscle recovery, remodelling and adaptation to exercise training represents a cornerstone within modern sports nutrition. Similarly sufficient dietary protein intake is also integral to the maintenance of muscle mass and health as we age. The past two decades of work in this field have suggested that dietary protein consumption modestly above that of currently advocated RDA/Is can improve outcomes for performance and health in a variety of scenarios. However, such work is heavily reliant on data obtained from research utilising animal-derived dietary proteins, with less consideration given to protein source origin.

Multi-disciplinary issues, involving ethical and environmental concerns, are pushing society away from relying on increasing animal-derived protein consumption to meet rising protein requirements. It has been argued that, to secure a sustainable food future, an emphasis on plant and other alternative proteins is now a priority research and policy area. However, concerns over the quality of alternative dietary proteins have been raised, implying such a shift towards plant-based diets may compromise performance and health related outcomes.

The present talk will address emerging human evidence concerning the quality of alternative dietary proteins (e.g. plant-based, mycoproteins, algal etc.). The goal of the talk is to push the conversation over the nexus between the seemingly inevitable shift towards (more) plant-based diets, and the potential consequences for health and/or performance.