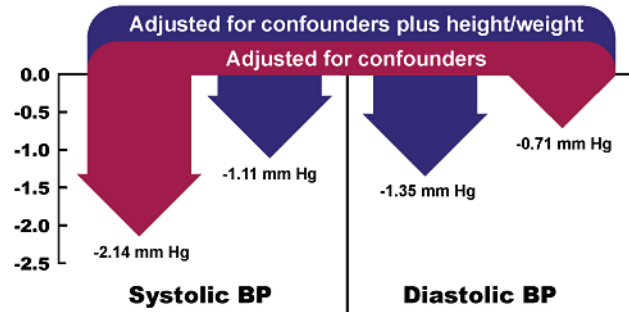


Vegetable Protein May Help Reduce Blood Pressure

In a recent four-country study involving 4,680 adults ages 40-59, increased consumption of vegetable protein (2.8% of kilocalories) reduced blood pressure significantly, even after adjusting for confounding variables – including height and weight:

Drop in BP associated with increased intake of vegetable protein



Animal protein intake and total protein intake did not significantly impact blood pressure levels after adjusting for potential confounders.

SOURCE: Elliott P, Stamler J, Dyer AR, et al. Association between protein intake and blood pressure. *Archives of Internal Medicine*, Jan. 9, 2006;166(1):79-87.