

Special Issue

Human Protein Requirements and New Findings Regarding the Factors That Influence Them

Message from the Guest Editor

Various factors influence human nitrogen balance, including age, sex, climate, protein source, energy availability, and physical activity. Many questions attract researchers:

- The body adapts to a constant protein intake within about two weeks, but obligatory nitrogen loss persists even on a protein-free diet. What is the relationship between protein intake levels and nitrogen loss after this metabolic adaptation?
- Do protein requirements change with age as resting metabolic rate decreases?
- Does the texture of the diet—whether regular, modified, or fluid—affect the body's protein and amino acid requirements?
- The gut microbiota can fix atmospheric nitrogen and/or produce essential amino acids. Does gut microbiota affect the requirement?
- The latest recommended essential amino acid pattern was established by the WHO/FAO/UNU in 2007. Could new findings improve this scoring pattern?
- Topics in sports nutrition include the protein requirements of physically active athletes and strategies to retain or add skeletal muscle during weight loss.

This Special Issue collects papers on human nitrogen/protein requirements from various perspectives. Novel findings related to this theme are also welcome.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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