I'm not a robot

Protein is the holy grail we all yearn to find in our fitness journeys. If you have tried to make major changes in your fitness levels, chances are you may have come across the issue of protein intake more often than you expected.Yes, a required amount of protein intake is essential to stay healthy and fit. You must examine your protein needs after consulting with a nutritionist. That way, you can avoid the hazards of underdoing or overdoing it. Over-consumption of protein is possible and it is harmful for your body. From kidney issues to constipation, there are several potential risks of overeating protein. Here are some key ones: 6 Lesser-known side effects of a high-protein diet1. Kidney damage Credit: Pexels A high-protein diet could worsen kidney damage, especially in people with kidney disease. This happens as the body is not able to get rid of all the waste products of protein that's broken down. While no major studies link high protein intake to kidney damage in healthy individuals, excess protein can cause damage in people with preexisting kidney disease.This is because of the excess nitrogen found in the amino acids in the proteins. Poorly-functioning kidneys have to work harder to get rid of the extra nitrogen and waste products of protein metabolism.2. Risk of heart disease Credit: Freepik Some high-protein diets include daily consumption of red meats, processed meats, and other foods that are unusually high in saturated fat. These foods could increase your risk of heart disease significantly in the long run. They may increase your bad cholesterol, potentially raising the risk of heart disease.Eating lots of red meat and full-fat dairy foods as part of a high-protein diet may lead to heart disease. This could be related to higher intakes of saturated fat and cholesterol.3. Dehydration Credit: Pexels Your body flushes out excess nitrogen with fluids and water. This can leave you dehydrated even though you may not feel thirstier than usual. A 2002 study involving athletes found that as protein intake was increased in the players, hydration levels decreased. This risk can be minimised by increasing your water intake, especially if youre active. Regardless of high-protein intake, it is always important to drink plenty of water throughout the day to avoid dehydration and related issues.4. Bad breath Credit: FreepikEating large amounts of protein can lead to bad breath, especially if you restrict your carbohydrate intake. Some extremely restrictive high-protein diets like the carnivore diet limit carbs so much that you might not get enough nutrients or fibre. This can cause issues such as bad breath, headaches, and constipation.It is because part of your body goes into a metabolic state called ketosis, which produces chemicals that generate an unpleasant odour. Brushing and flossing will not get rid of the smell. You can double your water intake, brush your teeth more often, and chew gum to combat this problem to some extent.5. You Notice More GI Discomfort Credit: Pexels Gastrointestinal issues could also occur if youre eating more protein. A diet high in protein, especially animal protein, and low in fibre can lead to constipation, nausea, diarrhoea, and stomach pain. Certain sources of protein, like meat, can be more challenging for your body to break down. You also notice more GI issues if you are heavily relying on protein supplements, shakes, powders, and bars if they contain ingredients like sugar alcohols.6. Possible nutrient deficiencies Credit: Pexels A high-protein diet lacks dietary fibre in most cases. This can cause constipation and other health concerns. Getting enough dietary fibre is not only important for gut health, but it also helps reduce inflammation and protects against cancer.If you follow extremely restrictive high-protein diets, you may also become prone to certain nutritional deficiencies. Social and lead images credits: Freepik Read iDiva for the latest in Bollywood, fashion looks, beauty and lifestyle news.,the free encyclopedia that anyone can edit.107,583 active editors 7,026,400 articles in EnglishThe hippocampus is a major component of the brain of humans and many other vertebrates. It plays important roles in the consolidation of information from short-term memory to long-term memory, and in spatial memory that enables navigation. In humans and other primates, the hippocampus is located in the archicortex, one of the three regions of allocortex, in each hemisphere. The hippocampus is a structure found in all vertebrates. In Alzheimer's disease (and other forms of dementia), the hippocampus is one of the first regions of the brain to suffer damage; short-term memory loss and disorientation are included among the early symptoms. Damage to the hippocampus can also result from oxygen starvation, encephalitis or medial temporal lobe epilepsy. Since different neuronal cell types are neatly organized into layers in the hippocampus, it has frequently been used as a model system for studying neurophysiology. (Fullarticle…)Recently featured: Red (Taylor Swift album)Sir William Gordon-Cumming, 4th BaronetGreat Wilbraham (causewayed enclosure)ArchiveBy emailMore featured articlesAboutPyramidal tomb at Horvat Midras… that a stepped pyramid at Horvat Midras (pictured) has been identified as the remnant of a monumental family tomb from Second Temple Judea?… that American poet Gladys Cromwell took her own life alongside her twin sister by jumping off a ship while returning home from World WarI?… that attempted crimes with no chance of success are still punishable by law in Germany?… that the developers of Clair Obscur: Expedition33 added an easy mode so that Jennifer English could play it?… that as of 2023 only about 150 people had been diagnosed with SkrabanDeardorff syndrome?… that Johann Voldemar Jannsen was rebuked by the Estonian nationalist movement that he helped to found, only for a song he wrote to become Estonia's national anthem?… that the head of a labor union was jailed during the 1979 New York prison guards' strike and guarded by members of his union?… that Dan Muse was a history teacher before becoming a hockey coach?… that French drag queens carried the Olympic flame in 2024?ArchiveStart a new articleNominate an articleThe aircraft involved in the crashA fighter jet (pictured in 2021) crashes into a college in Dhaka, Bangladesh, killing at least 22 people.A tourist boat capsizes during a thunderstorm in H Long Bay, Vietnam, leaving at least 36 people dead.American singer Connie Francis, the first woman to reach the top of the Billboard Hot 100, dies at the age of 87.A fire at a shopping mall in Kut, Wasit Governorate, Iraq, kills at least 69 people.Ongoing: Gaza warRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Claus PeymannWayne ThomasAndrea GibsonRaymond GuiotFelix BaumgartnerFauja SinghNominate an articleJuly 22: Feast day of Saint Mary Magdalene (Christianity)Stanley Forman1802 Gia Long conquered Hanoi and unified modern-day Vietnam, which had experienced centuries of feudal warfare.1817 Windham William Sadler made the first successful aerial crossing of the Irish Sea, which he accomplished by balloon.1975 Stanley Forman (pictured) took the Pulitzer Prizewinning photo Fire Escape Collapse, which spurred action to improve the safety of fire escapes across the United States.1997 Written and illustrated by Eiichiro Oda, One Piece, the best-selling manga series in history, debuted in Weekly Shnen Jump.2002 The Israel Defense Forces bombed the home of Salah Shehade, the leader of the military arm of Hamas, killing him, his family and neighboring civilians.Augusta Fox Bronner (b.1881)Willem Dafoe (b.1955)Albertus Soegijapranata (d.1963)Prince George of Wales (b.2013)More anniversaries: July 21July 22July 23ArchiveBy emailList of days of the yearAboutThe Atari video game burial was a 1983 mass burial of unsold video game cartridges, consoles, and computers, undertaken by the American video game and home computer company Atari, Inc., at a landfill site in the U.S. state of New Mexico. The burial occurred amid the video game crash of 1983, at the end of a disastrous fiscal year that saw Atari being sold off by its parent company Warner Communications. It included 700,000 cartridges of various games, including unsold copies of E.T. the Extra-Terrestrial (1982), one of the largest video game failures in history. For several decades after the burial was first reported, there were doubts as to its veracity and scope, and it was frequently dismissed as an urban legend. In 2013 and 2014, an excavation was carried out by Fuel Industries, Microsoft, the New Mexico government and others, which revealed discarded games and hardware. Only a small fraction, about 1,300 cartridges, were recovered, with a portion reserved for curation and the rest auctioned to raise money for a museum to commemorate the burial. This photograph shows packaging for cartridges of the video games E.T. and Centipede in situ at the excavation site.Photograph credit: taylorhatmakerRecently featured: Southern scrub robinC/2022E3 (ZTF)Passion fruitArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSloveninaRetrieved from " 2This article is about the year 1802. For the microprocessor, see RCA 1802. For other uses, see 1802 (disambiguation).Calendar yearYearsMillennium2ndmillenniumCenturies18thcentury19thcentury 20thcenturyDecades1780s1790s1800s 1810s1820sYears1799180018011802 180318041805vteMarch 25: The Treaty of Amiens is signed. 1802 by topicHumanitiesArchaeologyArchitectureArtLiteraturePoetryMusicBy countryAustraliaBrazilCanadaDenmarkFranceGermanyNew ZealandNorwayPortugalRussiaSouth AfricaSwedenUnited KingdomUnited StatesOther topicsRail transportScienceSportsLists of leadersSovereign statesSovereign state leadersTerritorial governorsReligious leadersLawBirth and death categoriesBirthsDeathsEstablishments and disestablishments categoriesEstablishmentsDisestablishmentsWorks categoryWorksvte1802 in various calendarsGregorian calendar1802MDCCCIIFrench Republican calendar1011Ab urbe condita2555Armenian calendar1251 Assyrian calendar6552Balinese saka calendar17231724Bengali calendar12081209Berber calendar2752British Regnal year42Geo.343Geo.3Buddhist calendar2346Burmese calendar1164Byzantine calendar73107311Chinese calendar (MetalRooster)4499 or 4292to (WaterDog)4500 or 4293Coptic calendar15181519Discordian calendar2968Ethiopian calendar17941795Hebrew calendar55625563Hindu calendars- Vikram Samvat18581859- Shaka Samvat17231724- Kali Yuga49024903Holocene calendar11802Igbo calendar802803Iranian calendar11801181Islamic calendar12161217Japanese calendarKansei 14 / Kywa 1()Javanese calendar17281729Julian calendarGregorian minus 12 daysKorean calendar4135Minguo calendar110 before ROC110Nanakshahi calendar334Thai solar calendar23442345Tibetan calendar(female Iron-Bird)1928 or 1547 or 775to(male Water-Dog)1929 or 1548 or 776Wikimedia Commons has media related to 1802.August 2: Napoleon is confirmed as the First Consul of France.1802 (MDCCCII) was a common year starting on Friday of the Gregorian calendaraand a common year starting on Wednesday of the Julian calendar, the 1802nd year of the Common Era (CE) and Anno Domini (AD) designations, the 802nd year of the 2ndmillennium, the 2nd year of the 19thcentury, and the 3rd year of the 1800s decade. As of the start of 1802, the Gregorian calendar was 12 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year January 5 Thomas Bruce, 7th Earl of Elgin, British ambassador to the Ottoman Empire, begins removal of the Elgin Marbles from the Parthenon in Athens, claiming they are at risk of destruction during the Ottoman occupation of Greece; the first shipment departs Piraeus on board Elgin's ship, the Mentor, "with many boxes of moulds and sculptures", including three marble torsos from the Parthenon.[1]January 15 Canonsburg Academy (modern-day Washington & Jefferson College) is chartered by the Pennsylvania General Assembly.[2]January 29 The French Saint-Domingue expedition (40,000 troops) led by General Charles Leclerc (Bonaparte's brother-in-law) lands in Saint-Domingue (modern Haiti) in an attempt to restore colonial rule following the Haitian Revolution in which Toussaint Louverture (a black former slave) has proclaimed himself Governor-General for Life and established control over Hispaniola.February 3 Leclerc and the first 5,000 of 20,000 troops arrive at Cap-Franois (modern Cap-Hatien).[3]February 17 The remains of Pope Pius VI are returned to the Vatican by France; the Pope had died in captivity at Valence, on August 29, 1799.[4]February The Rosetta Stone is brought to England by Colonel Tomkyns Hilgrove Turner, who arrives at Portsmouth on the captured French frigate L'Egyptiane.[5]March 3 Ludwig van Beethoven publishes his Piano Sonata No. 14, commonly known as the "Moonlight Sonata" (Mondschein), in Vienna; the availability of the sheet music is announced by Giovanni Cappi in the newspaper Wiener Zeitung.[6]March 11 The Rosetta Stone is presented to the Society of Antiquaries of London, which in turn presents it to the British Museum.[5]March 16 The United States Army Corps of Engineers is re-established, and the United States Military Academy at West Point, New York is established under its management, opening on July 4.March 2527 The Treaty of Amiens between the French Republic and the United Kingdom ends the War of the Second Coalition. The treaty also ends the French Revolutionary Wars.March 28 H. W. Olbers discovers the asteroid Pallas.[7]April 10 The Great Trigonometrical Survey of India begins with the measurement of a baseline near Madras.April 12 Beethoven leaves Vienna for a small nearby Austrian village named Heiligenstadt where he would cope with his declining mental and physical health including his growing deafness. He would stay until October and there he would write an unsent letter to his brothers called the Heiligenstadt Testament. In the letter, Beethoven contemplates suicide but it was his passion for the art of music that prevented him so.April 21 About 12,000 Wahhabi Sunnis under the command of Abdul-Aziz bin Muhammad, the second ruler of the First Saudi State attack and sack Karbala, kill between 2,000 and 5,000 inhabitants and plunder the tomb of Husayn ibn Ali, grandson of Muhammad and son of Ali ibn Abi Talib.April 26 A general amnesty signed by Napoleon allows all but about 1,000 of the most notorious migrs of the French Revolution to return to France as part of a conciliatory gesture to make peace with the various factions of the Ancien Rgime that ultimately consolidates his own rule.May 19 Napoleon establishes the French Legion of Honour (Lgion d'honneur).May 20 By the Law of 20 May 1802, Napoleon reinstates slavery in the French colonies, revoking its abolition in the French Revolution.May Madame Marie Tussaud first exhibits her wax sculptures in London, having been commissioned, during the Reign of Terror in France, to make death masks of the victims.[8]June The first account of Thomas Wedgwood's experiments in photography is published by Humphry Davy in the Journal of the Royal Institution in London.[9][10] Since a fixative for the image has not yet been developed, the early photographs quickly fade.June 1The United States Patent and Trademark Office is established within the Department of State.At Hu, shortly before his conquest of Tonkin, Nguyen Anh is crowned as the Emperor Gia Long, the first ruler of the Nguyn dynasty in Vietnam.[11]June 2 Indigenous Australian Pemulwuy, a leader of the resistance to European settlement of Australia, is shot dead by Henry Hacking.June 8 Haitian revolutionary Toussaint Louverture is seized by French troops and imprisoned at the Fort de Joux.July 5 Parliamentary elections begin in the United Kingdom, with voting continuing until August 28; the Tories, led by Henry Addington, win control of the House of Commons.July 19 leuthre Irne du Pont founds E. I. du Pont de Nemours and Company, the modern DuPont chemical company, as a gunpowder manufactory near Wilmington, Delaware.[12]July 22 Gia Long captures Hanoi, completing his unification of Vietnam.July 31 William Wordsworth, leaving London for Dover and Calais with his sister Dorothy, witnesses the early morning scene which he captures in his sonnet "Composed upon Westminster Bridge".August 2 In a plebiscite, Napoleon Bonaparte is confirmed as the First Consul of France.September 11 The Italian region of Piedmont becomes a part of the French First Republic.October 2 War ends between Sweden and Tripoli. The United States also negotiates peace, but war continues over the size of compensation.October 15 French Army General Michel Ney enters Switzerland with 40,000 troops, on orders of Napoleon Bonaparte.[13]October 16 The port of New Orleans and the lower Mississippi River are closed to American traffic by order of the city's Spanish administrator, Juan Ventura Morales, threatening the economy in the western United States, and prompting the need for the Louisiana Purchase.[14]October 26 A powerful 7.9 earthquake shakes the Romanian district of Vrancea destroying hundreds of buildings, triggering landslides and killing 4 people. This earthquake is considered one of the strongest to have shaken Europe.November 16 The newly elected British Parliament is inaugurated by King George III, who tells the members, "In my intercourse with foreign powers, I have been actuated by a sincere disposition of the maintenance of peace," but adds that "My conduct will be invariably regulated by a due consideration of the actual situation of Europe, and by a watchful solicitude for the permanent welfare of my people."[15]November 23 East Indiaman Vryheid, in the service of the Batavian Republic, is shipwrecked in a gale off Hythe, Kent, in the south of England; only 18 of 472 on board survive.December 2 The Health and Morals of Apprentices Act in the United Kingdom comes into effect, regulating conditions for child labour in factories. Although poorly enforced, it pioneers a series of Factory Acts.Victor HugoLydia Maria ChildDorothea DixJanuary 3 Charles Pelham Villiers, British politician (d. 1898)January 10 Carl Ritter von Ghega, Albanian-born Venetian road engineer (d. 1860)January 22 Richard Upjohn, English-American architect (d. 1878)February 6 Charles Wheatstone, English physicist, inventor (d. 1875)February 11 Lydia Maria Child, American abolitionist author (d. 1880)February 15 Jean-Jacques Uhrich, French general (d. 1886)February 16 Phineas Quimby, American physician (d. 1866)February 19 Wilhelm Matthias Naeff, Swiss Federal Councillor (d. 1881)February 26 Victor Hugo, French author (d. 1885)March 7 Edwin Henry Landseer, British painter (d. 1873)March 8 Zebulon Crocker, American congregationalist pastor (d. 1847)March 25 Maria Silfvan, Finnish actor (d. 1865)March 27 Charles-Mathias Simons, Prime Minister of Luxembourg (d. 1874)April 4 Dorothea Dix, American activist (d. 1887)[16]April 9 Elias Lnnrot, Finnish folklorist, philologist who created the Finnish national epic, the Kalevala (d. 1884)May 2 Heinrich Gustav Magnus, German chemist, physicist (d. 1870)May 26 Karl Ferdinand Ranke, German educator (d. 1876)June 12 Harriet Martineau, British social theorist, writer (d. 1876)Alexandre DumasSara ColeridgeJuly 5 (June 23 O.S.) Pavel Nakhimov, Russian admiral (d. 1855)July 24 Alexandre Dumas, French author (d. 1870)July 26 Mariano Arista, President of Mexico (d. 1855)August 4 Joseph Bonnell, hero of the Texas Revolution (d. 1840)August 5 Niels Henrik Abel, Norwegian mathematician (d. 1829)August 31 Karl von Urban, Austrian field marshal (d. 1877)September 19 Lajos Kossuth, Hungarian politician (d. 1894)September 30 Antoine Jrme Balard, French chemist (d. 1876)October 31 Benot Fourneyron, French engineer (d. 1867)November 9 Elijah P. Lovejoy, American abolitionist (d. 1837)November 19 Solomon Foot, American politician (d. 1866)December 15 Jnos Bolyai, Hungarian mathematician (d. 1860)December 23 Sara Coleridge, British scholar (d. 1852)Friedrich Hohe, German lithographer, painter (d. 1870)Emma Frstenhoff, Swedish florist (d. 1871)Mary Short, queen consort of Awadh (d. 1849)Erasmus DarwinMartha WashingtonFebruary 2 Welbore Ellis, 1st Baron Mendip, British statesman (b. 1713)February 3 Pedro Rodrguez, Count of Campomanes, Spanish statesman, writer (b. 1723)February 10 Samuel Phillips, Jr., Massachusetts lieutenant governor (b. 1752)February 26 Esek Hopkins, American Revolutionary War admiral (b. 1718)April 13 Charles Moss, British bishop (b. 1711)April 18 Erasmus Darwin, English physician and botanist (b. 1731)April 26 Edmund Nelson (clergyman), English priest (b. 1722)May 9 Erik Magnus Stal von Holstein, Swedish ambassador (b. 1749)May 22 Martha Washington, first First Lady of the United States (b. 1731)July 6 Daniel Morgan, American pioneer, Congressman from Virginia, and general (b. 1736)July 15 John de Verdion, London-based bookseller and language instructor (b. 1740s)July 22 Xavier Bichat, French anatomist and pathologist (b. 1771)July 24 Joseph Ducreux, French noble, portrait painter, pastelist, miniaturist, and engraver (b. 1735)July 25 Friedrich Karl Joseph von Erthal, Archbishop of Mainz (b. 1719)August 10 Franz Aepinus, German philosopher (b. 1724)August 12 Louis Lebgue Duportail French military leader in the Continental Army during the American Revolutionary War (b. 1743)September 19 Princess Luisa of Naples and Sicily (b. 1773)September 26 Jurij Vega, Slovenian mathematician, physicist, and soldier (b. 1754)October 5 Suzanne Blair, Haitian national heroine (b. 1781)October 8 Emmanuele Vitale, Maltese military leader (b.1758)October 31 Sir William Parker, 1st Baronet, of Harburn, British admiral (b. 1743)November 9 Thomas Girtin, English artist (b. 1775)November 15 George Romney, English artist (b. 1734)November 16 Andr Michaux, French botanist (b. 1746)December 5 Lemuel Francis Abbott, English portrait painter (b. 1716)December 31 Francis Lewis, signer of the United States Declaration of Independence (b. 1713)^ Christopher Hitchens, The Parthenon Marbles: The Case for Reunification (Verso Books, 2016)^ Coleman, Helen Turnbull Waite (1956). Banners in the Wilderness: The Early Years of Washington and Jefferson College. University of Pittsburgh Press. p.206. OCLC2191890. Archived from the original on November 11, 2012. Retrieved July 25, 2016.^ Carolyn E. Fick, The Making of Haiti: The Saint Domingue Revolution from Below (University of Tennessee Press, 1990) p210211^ "Rome", in Biography of the Principal Sovereigns of Europe who Have Reigned Since the French Revolution (Ogle, Duncan, and Co., 1822) p99^ a b Ivan Lindsay, The History of Loot and Stolen Art: from Antiquity until the Present Day (Andrews UK Ltd., 2014)^ Timothy Jones, Beethoven: The 'Moonlight' and Other Sonatas, Op. 27 and Op. 31 (Cambridge University Press, 1999) p20, p129^ "Heinrich Olbers Discovers the Asteroid Pallas | EBSCO Research Starters". www.ebsco.com. Retrieved July 12, 2025.^ Pamela Pilbeam, Madame Tussaud: And the History of Waxworks (A&C Black, 2006) p65^ "An Account of a method of copying Painting upon Glass and making profiles, by the agency of Light upon Nitrate of Silver." Invented by T. Wedgwood, Esq. with Observations by H. Davy.^ Robert Hirsch, Seizing the Light: A Social & Aesthetic History of Photography (Taylor & Francis, 2017)^ "Nguyen Anh (Emperor Gia Long)", by Nguyen The Anh, in Southeast Asia: A Historical Encyclopedia, from Angkor Wat to East Timor, ed. by Keat Gin Ooi (ABC-CLIO, 2004) p870^ "E. I. Du Pont de Nemours and Company", by Richard Junger, in The Advertising Age Encyclopedia of Advertising (Routledge, 2015) p500^ Andrew Roberts, Napoleon: A Life (Penguin, 2014)^ "Mississippi River", by Gene A. Smith, in The Louisiana Purchase: A Historical and Geographical Encyclopedia, Junius P. Rodriguez, ed. (ABC-CLIO, 2002) p226^ William Belsham, History of Great Britain: From the Revolution, 1688, to the Conclusion of the Treaty of Amiens, 1802, Volume 12 (Phillips, 1805) p485^ Brown, Thomas J. (1998). Dorothea Dix: New England Reformer. Cambridge MA: Harvard University Press. p.1. ISBN978-0-67421-488-0. Archived from the original on December 7, 2023. Retrieved June 25, 2021.Retrieved from " 3One hundred years, from 1701 to 1800For other uses, see 18th century (disambiguation).Millennia2ndmilleniumCenturies17thcentury18thcentury19thcenturyTimelines17thcentury18thcentury19thcenturyState leaders17thcentury18thcentury19thcenturyDecades1700s1710s1720s1730s1740s1750s1760s1770s1780s1790sCategories:Births Deaths Establishments DisestablishmentsvtePolitical boundaries at the beginning of year 1700Storming of the Bastille, 14 July 1789, an iconic event of the French Revolution.Development of the Watt steam engine in the late 18th century was an important element in the Industrial Revolution in Europe.The American Revolutionary War took place in the late 18th century. The 18th century lasted from 1 January 1701 (represented by the Roman numerals MDCCI) to 31 December 1800 (MDCCC). During the 18th century, elements of Enlightenment thinking culminated in the Atlantic Revolutions. Revolutions began to challenge the legitimacy of monarchical and aristocratic power structures. The Industrial Revolution began mid-century, leading to radical changes in human society and the environment. The European colonization of the Americas and other parts of the world intensified and associated mass migrations of people grew in size as part of the Age of Sail. During the century, slave trading expanded across the shores of the Atlantic Ocean, while declining in Russia[1] and China.[2]Western historians have occasionally defined the 18th century otherwise for the purposes of their work. For example, the "short" 18th century may be defined as 17151789, denoting the period of time between the death of Louis XIV of France and the start of the French Revolution, with an emphasis on directly interconnected events.[3][4] To historians who expand the century to include larger historical movements, the "long" 18th century[5] may run from the Glorious Revolution of 1688 to the Battle of Waterloo in 1815[6] or even later.[7] France was the sole world superpower from 1659, after it defeated Spain, until 1815, when it was defeated by Britain and its coalitions following the Napoleonic Wars.In Europe, philosophers ushered in the Age of Enlightenment. This period coincided with the French Revolution of 1789, and was later compromised by the excesses of the Reign of Terror. At first, many monarchies of Europe embraced Enlightenment ideals, but in the wake of the French Revolution they feared loss of power and formed broad coalitions to oppose the French Republic in the French Revolutionary Wars. Various conflicts throughout the century, including the War of the Spanish Succession and the Seven Years' War, saw Great Britain triumph over its rivals to become the preeminent power in Europe. However, Britain's attempts to exert its authority over the Thirteen Colonies became a catalyst for the American Revolution. The 18th century also marked the end of the PolishLithuanian Commonwealth as an independent state. Its semi-democratic government system was not robust enough to prevent partition by the neighboring states of Austria, Prussia, and Russia.In West Asia, Nader Shah led Persia in successful military campaigns. The Ottoman Empire experienced a period of peace, taking no part in European wars from 1740 to 1768. As a result, the empire was not exposed to Europe's military improvements during the Seven Years' War. The Ottoman military consequently lagged behind and suffered several defeats against Russia in the second half of the century.In South Asia, the death of Mughal emperor Aurangzeb was followed by the expansion of the Maratha Confederacy and an increasing level of European influence and control in the region. In 1739, Persian emperor Nader Shah invaded and plundered Delhi, the capital of the Mughal Empire. Later, his general Ahmad Shah Durrani scored another victory against the Marathas, the then dominant power in India, in the Third Battle of Panipat in 1761.[8] By the middle of the century, the British East India Company began to conquer eastern India,[9][8] and by the end of the century, the Anglo-Mysore Wars against Tipu Sultan and his father Hyder Ali, led to Company rule over the south.[10][11]In East Asia, the century was marked by theHigh Qing era, a period characterized by significant cultural and territorial expansion. This period also experienced relative peace and prosperity, allowing for societal growth, increasing literacy rates, flourishing trade, and consolidating imperial power across the vast Qing dynasty's territories. Conversely, the continual seclusion policy of the Tokugawa shogunate also brought a peaceful era called Pax Tokugawa and experienced a flourishment of the arts as well as scientific knowledge and advancements, which were introduced to Japan through the Dutch port of Nagasaki. In Southeast Asia, the KonbaungAyutthaya Wars and the Ty Sn Wars broke out while the Dutch East India Company established increasing levels of control over the Mataram Sultanate.In Africa, the Ethiopian Empire underwent the Zemene Mesafint, a period when the country was ruled by a class of regional noblemen and the emperor was merely a figurehead. The Atlantic slave trade also saw the continued involvement of states such as the Oyo Empire. In Oceania, the European colonization of Australia and New Zealand began during the late half of the century. In the Americas, the United States declared its independence from Great Britain. In 1776, Thomas Jefferson wrote the Declaration of Independence. In 1789, George Washington was inaugurated as the first president. Benjamin Franklin traveled to Europe where he was hailed as an inventor. Examples of his inventions include the lightning rod and bifocal glasses. Tpac Amaru II led an uprising that sought to end Spanish colonial rule in Peru.For a chronological guide, see Timeline of the 18th century.See also: Georgian eraMain articles: 1700s, 1710s, 1720s, 1730s, and 1740sEurope at the beginning of the War of the Spanish Succession, 1700The Battle of Poltava in 1709 turned the Russian Empire into a European power.John Churchill, 1st Duke of Marlborough17001721: Great Northern War between the Russian and Swedish Empires.1701: Kingdom of Prussia declared under King Frederick I.1701: The Battle of Feyiase marks the rise of the Ashanti Empire.17011714: The War of the Spanish Succession is fought, involving most of continental Europe.[12]17021715: Camisard rebellion in France.1703: Saint Petersburg is founded by Peter the Great; it is the Russian capital until 1918.17031711: The Rkczi uprising against the Habsburg monarchy.1704: End of Japan's Genroku period.1704: First Javanese War of Succession.[13]17061713: The War of the Spanish Succession: French troops defeated at the Battle of Ramillies and the Siege of Turin.1707: Death of Mughal Emperor Aurangzeb leads to the fragmentation of the Mughal Empire.1707: The Act of Union is passed, merging the Scottish and English Parliaments, thus establishing the Kingdom of Great Britain.[14]1708: The Company of Merchants of London Trading into the East Indies and English Company Trading to the East Indies merge to form the United Company of Merchants of England Trading to the East Indies.17081709: Famine kills one-third of East Prussia's population.1709: Foundation of the Hotak Empire.1709: The Great Frost of 1709 marks the coldest winter in 500 years, contributing to the defeat of Sweden at Poltava.1710: The world's first copyright legislation, Britain's Statute of Anne, takes effect.17101711: Ottoman Empire fights Russia in the Russo-Turkish War and regains Azov.1711: Bukhara Khanate dissolves as local begs seize power.17111715: Tuscarora War between British, Dutch, and German settlers and the Tuscarora people of North Carolina.1713: The Kangxi Emperor acknowledges the full recovery of the Chinese economy since its apex during the Ming.1714: In Amsterdam, Daniel Gabriel Fahrenheit invents the mercury-in-glass thermometer, which remains the most reliable and accurate thermometer until the electronic era.1715: The first Jacobite rising breaks out; the British halt the Jacobite advance at the Battle of Sheriffmuir; Battle of Preston.1716: Establishment of the Sikh Confederacy along the present-day India-Pakistan border.17161718: Austro-Venetian-Turkish War.1718: The city of New Orleans is founded by the French in North America.17181720: War of the Quadruple Alliance with Spain versus France, Britain, Austria, and the Netherlands.17181730: Tulip period of the Ottoman Empire.1719: Second Javanese War of Succession.[15]1720: The South Sea Bubble.17201721: The Great Plague of Marseille.1720: Qing forces oust Dzungar invaders from Tibet.1721: The Treaty of Nystad is signed, ending the Great Northern War.1721: Sack of Shamakhi, massacre of its Shia population by Sunni Lezgins.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.17221723: Russo-Persian War.17221725: Controversy over William Wood's halfpence leads to the Drapier's Letters and begins the Irish economic independence from England movement.Mughal emperor Muhammad Shah with the Persian invader Nader Shah.1723: Slavery is abolished in Russia; Peter the Great converts household slaves into house serfs.[16]17231730: The "Great Disaster", an invasion of Kazakh territories by the Dzungars.17231732: The Qing and the Dzungars fight a series of wars across Qinghai, Dzungaria, and Outer Mongolia, with inconclusive results.1724: Daniel Gabriel Fahrenheit proposes the Fahrenheit temperature scale.1725: Austro-Spanish alliance revived. Russia joins in 1726.17271729: Anglo-Spanish War ends inconclusively.1730: Mahmud I takes over Ottoman Empire after the Patrona Halil revolt, ending the Tulip period.17301760: The First Great Awakening takes place in Great Britain and North America.17321734: Crimean Tatar raids into Russia.[17]17331738: War of the Polish Succession.Qianlong Emperor17351739: Austro-Russo-Turkish War.17351799: The Qianlong Emperor of China oversees a huge expansion in territory.17381756: Famine across the Sahel; half the population of Timbuktu dies.[18]17371738: Hotak Empire ends after the siege of Kandahar by Nader Shah.1739: Great Britain and Spain fight the War of Jenkins' Ear in the Caribbean.1739: Nader Shah defeats a pan-Indian army of 300,000 at the Battle of Karnal. Taxation is stopped in Iran for three years.17391740: Nader Shah's Sindh expedition.1740: George Whitefield brings the First Great Awakening to New England17401741: Famine in Ireland kills 20 percent of the population.17411743: Iran invades Uzbekistan, Khwarazm, Dagestan, and Oman.17411751: Maratha invasions of Bengal.17401748: War of the Austrian Succession.1742: Marvel's Mill, the first water-powered cotton mill, begins operation in England.[19]1742: Anders Celsius proposes an inverted form of the centigrade temperature, which is later renamed Celsius in his honor.1742: Premiere of George Frideric Handel's Messiah.17431746: Another Ottoman-Persian War involves 375,000 men but ultimately ends in a stalemate.The extinction of the Scottish clan system came with the defeat of the clansmen at the Battle of Culloden in 1746.[20]1744: The First Saudi State is founded by Mohammed Ibn Saud.[21]1744: Battle of Toulon is fought off the coast of France.17441748: The First Carnatic War is fought between the British, the French, the Marathas, and Mysore in India.1745: Second Jacobite rising is begun by Charles Edward Stuart in Scotland.1747: The Durrani Empire is founded by Ahmad Shah Durrani.1748: The Treaty of Aix-La-Chapelle ends the War of the Austrian Succession and First Carnatic War.17481754: The Second Carnatic War is fought between the British, the French, the Marathas, and Mysore in India.1750: Peak of the Little Ice Age.Main articles: 1750s, 1760s, 1770s, 1780s, 1790s, and 1800s1752: The British Empire adopts the Gregorian Calendar, skipping 11 days from 3 September to 13 September. On the calendar, 2 September is followed directly by 14 September.1754: The Treaty of Pondicherry ends the Second Carnatic War and recognizes Muhammed Ali Khan Wallajah as Nawab of the Carnatic.1754: King's College is founded by a royal charter of George II of Great Britain.[22]17541763: The French and Indian War, the North American chapter of the Seven Years' War, is fought in colonial North America, mostly by the French and their allies against the English and their allies.1755: The great Lisbon earthquake destroys most of Portugal's capital and kills up to 100,000.1755: The Dzungar genocide depopulates much of northern Xinjiang, allowing for Han, Uyghur, Khalkha Mongol, and Manchu colonization.17551763: The Great Upheaval forces transfer of the French Acadian population from Nova Scotia and New Brunswick.17561763: The Seven Years' War is fought among European powers in various theaters around the world.17561763: The Third Carnatic War is fought between the British, the French, and Mysore in India.1757: British conquest of Bengal.Catherine the Great, Empress of Russia.1760: George III becomes King of Britain.1761: Maratha Empire defeated at Battle of Panipat.17621796: Reign of Catherine the Great of Russia.1763: The Treaty of Paris ends the Seven Years' War and Third Carnatic War.1764: Dahomey and the Oyo Empire defeat the Ashanti army at the Battle of Atakpam.1764: The Mughals are defeated at the Battle of Buxar.1765: The Stamp Act is introduced into the American colonies by the British Parliament.17651767: The Burmese invade Thailand and utterly destroy Attuthaya.17651769: Burma under Hsinbyushin repels four invasions from Qing China, securing hegemony over the Shan states.1766: Christian VII becomes king of Denmark. He was king of Denmark to 1808.17661799: Anglo-Mysore Wars.1767: Taksin expels Burmese invaders and reunites Thailand under an authoritarian regime.17681772: War of the Bar Confederation.17681774: Russo-Turkish War.1769: Spanish missionaries establish the first of 21 missions in California.17691770: James Cook explores and maps New Zealand and Australia.17691773: The Bengal famine of 1770 kills one-third of the Bengal population.1769: The French East India Company dissolves, only to be revived in 1785.1769: French expeditions capture clove plants in Ambon, ending the Dutch East India Company's (VOC) monopoly of the plant.[23]17701771: Famine in Czech lands kills hundreds of thousands.1771: The Plague Riot in Moscow.1771: The Kalmyk Khanate dissolves as the territory becomes colonized by Russians. More than a hundred thousand Kalmyks migrate back to Qing Dzungaria.1772: Gustav III of Sweden stages a coup d'tat, becoming almost an absolute monarch.Encyclopdie, ou dictionnaire raisonn des sciences, des arts et des mtiers17721779: Maratha Empire fights Britain and Raghunathrao's forces during the First Anglo-Maratha War.17721795: The Partitions of Poland end the PolishLithuanian Commonwealth and erase Poland from the map for 123 years.17731775: Pugachev's Rebellion, the largest peasant revolt in Russian history.1773: East India Company starts operations in Bengal to smuggle opium into China.1775: Russia imposes a reduction in autonomy on the Zaporizhian Cossacks of Ukraine.17751782: First Anglo-Maratha War.17751783: American Revolutionary War.1776: Several kongsi republics are founded by Chinese settlers in the island of Borneo. They are some of the first democracies in Asia.17761777: A Spanish-Portuguese War occurs over land in the South American frontiers.1776: Illuminati founded by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by the Second Continental Congress in Philadelphia.

Since high protein intake can place extra strain on the kidneys, its important to have kidney function checked to determine if a high-protein diet is safe. A high-protein, low-carb diet may help reduce markers of heart disease risk like cholesterol levels. However, research is mixed:Low-carbohydrate diets can help lower cholesterol levels and blood pressure in the short term. However, after two years on a low-carb diet, there was no effect on heart disease risk factors.Other research suggests little difference in the effects of low- or high-carb diets on weight loss and heart disease factors.Low-carb diets have also been shown to slightly increase low-density lipoprotein (LDL) cholesterol levels in adults who are overweight or obese. However, this increase was small.Higher intake of plant proteins was associated with reduced all-cause and heart disease mortality.Another review found that high-protein diets did not affect cardiovascular events. More well-designed studies would help determine the long-term outcomes of a high-protein, low-carb diet. This article refers to a lower-carb diet than traditional carbohydrate amounts recommended in MyPlate, Mediterranean, or DASH patterns, but not as low as a ketogenic diet. Some refer to this as moderate carb restriction. Experts recommend consuming 22 to 28 g of fiber daily for females and 28 to 34 g for males. Because many foods containing carbohydrates also contain fiber, it may not be easy to get enough while on a low-carb diet. Foods high in carbohydrates also contain essential B vitamins. A good example of an essential B vitamin obtained through carbohydrates is folate. Folate is necessary in higher amounts during pregnancy to prevent neural tube defects. Many protein sources are also sources of saturated fats (red meats and dairy products). Consuming these in excess may raise cholesterol levels and increase your risk of heart disease. Consuming excess protein may stress your kidneys, especially in people with kidney problems. A high-protein diet can cause the body to lose more calcium than normal, which could theoretically lead to osteoporosis. However, the available research suggests that protein intake above the recommended daily amount in older adults improves bone mineral density and reduces the risk of hip fractures. The high-protein, low-carb diet is not well defined. Generally speaking, a lower-carb diet involves less than 45% of calories coming from carbs. Stricter diets limit carbs to less than 10% of calories consumed (or about 20 to 50 grams (g) of carbs daily). The U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) dietary guidelines recommend at least 130 g of carbohydrates daily, or 26% of your calories as carbohydrates if you follow a 2,000-calorie diet. Some very low-carb diets, like the Atkins or the keto diet, allow only 5% to 15% of calories from carbohydrates. These diets make meeting fiber requirements and getting enough of the B vitamins easily obtained through carb sources difficult. These diets may work for weight loss in the short term, but they are difficult to follow in the long term and lack some needed nutrients. For these reasons, health professionals do not routinely recommend very low-carb diets. Studies have found that high-quality, healthy food choices have a greater effect on reducing mortality than simply following a low-carb or low-fat diet with poor-quality food choices. To increase your protein intake, focus on high-quality lean meats or fish and plant-based protein sources: Lean protein sources: chicken without skin, turkey, lean beefFish and seafood: fresh fish, shrimp, crab, scallops, canned tuna or salmonSoy products: tofu, edamameNuts and seeds: almonds, nut butter, chia seeds, pumpkin seedsLow-fat dairy productsEggs or egg substitutes Sources of carbohydrates can include produce and limited amounts of fruits, starchy vegetables (such as potatoes or squash), and high-protein grains (like beans, lentils, or quinoa) if they fit your level of restriction. Experts recommend choosing lean cuts of meat and poultry and avoiding red and processed meats for protein sources. Also, it is recommended to choose low-fat dairy products rather than higher-fat options. For example, skim or 1% milk is recommended over whole milk for adults. For carbs, limit or avoid foods like: Grains and starches: bread, pasta, rice, baked goodsFoods with refined sugar: cakes, pastries, and cookiesSweetened drinks: sodas, juices, sports drinks, sweetened coffee or tea, beerSweeteners: sugar, honey, agave, maple syrupProcessed foods: chips, breaded and fried foods, pizza A moderately low-carb, high-protein diet can have beneficial health effects if it involves high-quality foods. No matter what, it's still important to get the necessary amounts of nutrients for your body. If you plan to follow this type of diet, avoid processed meats or meats that are high in saturated fat to achieve your protein intake. If you limit carbohydrates, ensure you are still getting adequate amounts of fiber. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. A high protein, low carb diet may have several physical and cognitive benefits, but some studies suggest there may be risks. A balanced diet of complex carbs, lean proteins, and healthy fats is optimal. High protein, low carb diets have become increasingly popular as a means of encouraging weight loss while maintaining or increasing muscle mass. Keep reading to learn more about how this diet works and its possible health benefits and drawbacks. Share on PinterestThe high protein, low carb diet swaps much of your daily carb intake for protein.Theres no set macronutrient ratio, but people base this eating pattern largely on the allotments of the two diets that inspired it.Low carb diets restrict carb intake to less than 26% of total daily calories. If you follow a 2,000-calorie diet, this means consuming fewer than 130 grams (g) of carbs. Very low carb diets reduce this number to under 10%. High protein diets often provide more protein than the Recommended Daily Allowance (RDA) of 0.8 g per kilogram of body weight (g/kg/bw) or 0.36 g per pound of body weight (g/lb/bw).For instance, some high protein diets boast up to 2 g/kg/bw (0.9/lb/bw), which is the equivalent of 136 g of protein daily for a 150-lb (68-kg) person. However, there isnt a standardized definition of high protein.High protein, low carb diets may also be higher in fat to compensate for the carb deficit. For instance, a 2,000-calorie version may contain:Protein: 34% (170 g)Carbs: 26% (130 g)Fat: 40% (89 g)Its important to note these ranges may differ based on individual factors like level of physical activity and overall health. A healthcare professional or registered dietitian could help you determine your ideal macronutrient targets. Some popular commercial diets are commonly considered high in protein and low in carbs, but they dont truly fit into both categories. Notably, many people regard the Zone Diet and Sugar Busters Diet as high protein and low carb. However, these diets are moderate in carbs, as they typically provide about 40% of calories from carbs.Low carb, high fat diets like the Atkins and ketogenic diets may be considered high protein diets because they most likely provide more protein than the RDA. For instance, the ketogenic diet provides 30% to 35% of calories from protein, or around 1 g/lb/bw (2.2/kg/bw). A 2014 review estimated the average protein intake in the Atkins diet is around 2.3 g/kg/bw (1.1 g/lb/bw).High protein, low carb diets may provide numerous physical and cognitive health benefits. Research suggests that higher protein consumption may play several key roles in promoting weight loss, such as: increasing feelings of fullnessreducing hunger and cravingslowering levels of hunger hormones, such as ghrelinincreasing levels of fullness hormones, such as glucagon, cholecystokinin, and peptide YY boosting basal metabolic rateincreasing the thermic effect of food (calories burned during digestion)Learn more about the benefits of a high protein diet for weight loss. Eating a high protein, low carb diet may also help improve body composition. When you lose weight, you can expect to experience decreases in lean muscle mass.However, research shows that increasing protein intake while cutting 500 to 750 calories daily can maintain muscle mass while promoting fat loss. High protein diets may help increase muscle mass when combined with resistance training. However, this effect is lost during more severe calorie restrictions, such as during unplanned, very low calorie diets.High protein, low carb diets may also have several other health benefits, including:regulating blood sugar, which is especially important if you have diabetesreducing bone loss and fracture risk in older adultsreducing the risk of cognitive declineA small study also suggests that a high protein, low carb diet may help improve cardiometabolic factors, such as lowering blood pressure, cholesterol, and triglyceride levels.However, research on the benefits of this diet for heart health is mixed. If you have high blood pressure or a condition that may increase your risk of developing heart-related complications, consider speaking with a healthcare professional. They could help develop an exercise and dietary plan for you. Some research associates high protein, low carb diets with an increased risk of heart disease and heart failure. For instance, a 2018 study involving 2,441 men ages 42 to 60 years found that participants with the highest total protein intake had a 33% increased risk of heart failure than those with the lowest intake.Participants who ate the most animal protein also had a 43% greater risk of developing heart failure than those who ate the least animal protein.However, participants with the overall highest protein intake were more likely to have overweight or diabetes, both of which are risk factors for heart failure.Experts widely consider high protein diets to be safe for people with normal kidney function, though those with kidney disease may need to avoid this eating pattern. Very low carb diets are also tied to negative effects, including a potentially increased risk of death from all causes. Its important to note, however, that this mostly depends on the quality of the carbs being eaten. More high quality, long-term research on the downsides of both low carb and high protein diets is needed. Your daily protein needs will depend on many factors, such as your sex assigned at birth, age, activity levels, and body composition goals, among others. A high protein diet of up to 2 g/kg/bw (0.9/lb/bw) may be beneficial if youre very physically active or looking to lose weight while maintaining muscle mass.However, most people who have a moderately active lifestyle dont need to consume this much protein. For most physically active people, a daily protein intake of 1.2 to 2 g/kg/bw (0.54 to 0.9 g/lb/bw) is likely optimal. Moreover, high protein, low carb diets arent necessary to promote overall health.There are several things that are more important to your well-being than your macronutrient ratios, such as:eating a balanced, nutrient-rich dietstaying within your calorie needsexercising regularlyreducing your intake of processed foods and added sugarLearn more about how much protein you should eat per day. When following a high protein, low carb diet, its important to reduce your intake of carb-rich foods. Consider limiting the following: Grains and starches: breads, rice, pasta, baked goods, cereals, etcSweeteners: sugar, agave, maple syrup, honey, coconut sugar, etcSugary drinks: juice, sweetened coffee and tea, soda, sports drinks, sweetened alcohol beverages, beer, etcProcessed, high carb foods: french fries, fried chicken, pizza, chips, etcIts important to remember that you could include complex carbs like whole grains, fruits, and vegetables in moderation.Your total carb intake will depend on your desired macronutrient ranges.Eating mostly whole, nutrient-rich foods is best on a high protein, low carb diet as with any balanced diet. Youll generally want to increase your protein intake.Foods you may choose to eat on this diet include: Animal protein: eggs, chicken, bison, turkey, beef, lamb, porkPlant-based protein: tofu, edamame, and other soy foodsFish and shellfish: cod, flounder, clams, shrimp, etcDairy: Greek yogurt, cows milk, and cottage cheeseNon-starchy vegetables: broccoli, cauliflower, greens, peppers, asparagus, mushrooms, etcNuts and seeds: almonds, pumpkin seeds, sunflower seeds, peanut butter, chia seeds, and hemp seedsCondiments: fresh herbs, pepper, spices, etcBeverages: water, sparkling water, unsweetened herbal tea, unsweetened coffee, etcFruits, vegetables, legumes, and high protein grains can also be enjoyed in moderation, depending on macronutrient goals.Your daily fat intake will also depend on your dietary targets. Healthy, high fat foods may include eggs, avocado, nut butters, fatty fish, and olive oil, among others. The following 3-day meal plan contains meals and snacks high in protein and low in carbs. Breakfast: an omelet (two whole eggs and one egg white) filled with diced avocado, red pepper, spinach, and mushroomsLunch: a turkey burger and a green salad topped with tomatoes, cucumber, red pepper, and lentilsDinner: baked cod served with carrot and zucchini fries plus a saladSnacks: mixed nuts, cucumber, and broccoli with garlic hummusBreakfast: cottage cheese topped with almond butter, crushed almonds, chia seeds, and blackberriesLunch: a grilled shrimp and a non-starchy veggie bakeDinner: chicken chili topped with a dollop of Greek yogurt plus a green saladSnacks: cherry tomato and mozzarella skewers, a protein shake made with berries and cocoa powderBreakfast: sun-dried tomato and Parmesan frittataLunch: broth-based vegetable soup served with a bunless black bean and tofu burger atop a mixed green saladDinner: peppers stuffed with minced turkeySnacks: peanut butter and celery sticks, chia pudding with berriesRemember, meal choices vary depending on what type of high protein, low carb diet youre following. The most important factor in weight loss is maintaining a calorie deficit, which is when you burn more calories than you consume. A high protein, low carb diet may help you lose weight if you maintain a calorie deficit. However, you can also gain weight on this diet if you consume more calories than you burn. Some of the cheaper high protein, low carb foods available include eggs, canned foods like fish, beans, and lentils, cottage cheese, Greek yogurt, tofu, and ground meats like chicken, beef, and pork. Consider opting for own brand products instead of brand names, as these are usually more affordable.Consuming 0 g of carbs is an extreme diet that would require exclusively eating meat and pure fat, like oils. Research on how these diets impact health is limited, but generally, diets high in animal-based foods have been linked with a higher risk of cardiovascular disease.The high protein, low carb diet has no set definition but may be best for people who want to promote weight loss while preserving or increasing muscle mass.Although this eating pattern may have other benefits, some research links it to downsides. People with impaired kidney function may need to avoid this diet. If youre looking to optimize your overall health, focus on eating whole, nutrient-dense foods, limiting your intake of added sugar and processed foods, getting plenty of exercise, and decreasing your stress levels.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Carbone JW, et al. (2019). Dietary protein and muscle mass: Translating science to application and health benefit. JW, et al. (2019). Recent advances in the characterization of skeletal muscle and whole-body protein responses to dietary protein and exercise during negative energy balance. M, et al. (2018). Dietary protein and energy balance in relation to obesity and comorbidities. LS, et al. (2021). High-protein vs. standard-protein diets in overweight and obese patients with heart failure and diabetes mellitus: Findings of the Pro-HEART trial. R, et al. (2022). Protein intake from different sources and cognitive decline over 9 years in community-dwelling older adults. I, et al. (2019). High versus low dietary protein intake and bone health in older adults: A systematic review and meta-analysis. failure: Causes and risk factors. (2022). MB, et al. (2018). Very high-protein and low-carbohydrate enteral nutrition formula and plasma glucose control in adults with type 2 diabetes mellitus: A randomized crossover trial. E, et al. (2023). The impact of high protein diets on cardiovascular outcomes: A systematic review and meta-analysis of prospective cohort studies. W, et al. (2023). Ketogenic diet. RS. (2023). The impacts of animal-based diets in cardiovascular disease development: A cellular and physiological overview. R, et al. (2023). Low-carbohydrate diet. DH, et al. (2014). A high-protein diet for reducing body fat: Mechanisms and possible caveats. EP, et al. (2017). Effects of weight loss on lean mass, strength, bone, and aerobic capacity. D, et al. (2018). Body composition changes in weight loss: Strategies and supplementation for maintaining lean body mass, a brief review. low-carbohydrate diets focus on including more protein-rich foods in your daily diet while limiting carbs such as grains and starchy vegetables.Many people choose to follow this type of diet for weight loss, but theyre also used for other health issues, such as high blood sugar, diabetes, and prediabetes.There are many approaches to high-protein, low-carbohydrate diets, with different guidelines on the types and amounts of carbs allowed.These diets grew in popularity during the 1970s, thanks toThe Atkins Diet, which was widely promoted as an effectiveweight loss plan. Other popular high-protein, low-carb diets include the Paleo, South Beach, and keto diets. These programs generally recommend that dieters get 30%-50% of their total calories from protein.By comparison, the American Heart Association, the AmericanCancer Society, and the National Cholesterol Education Program all recommend a diet in which a smaller percentage of calories comes from protein. The American Heart Association recommends getting 10%-35% of your daily calories from protein. This is about 46 grams of protein for adult women and 56 grams for adult men.Everyone responds differently to nutrition plans, and you should always talk to your doctor before starting any new diet. The claims of this diet plan are not backed by WebMD. High-protein, low-carb diets may help some people achieve weight loss goals, but they come with certain risks and can be hard to stick with for the long term. If youre considering this type of diet, discuss it with your doctor before getting started. (Photo Credit: E+/Getty Images) Carbohydrates are the main source of energy for the body. Without enough carbs for energy, the body breaks down fat into ketones. The ketones then become the primary source of fuel for the body. When ketones become the primary source of fuel, this puts your body in a state called ketosis.A ketosis diet may help you feel full, which can help you eat less food.When your fat stores become a primary energy source, you may loseweight. It can also increase your muscle mass and speed up your metabolism.If you want to start a high-protein, low-carb diet, you should first talk to your doctor and go over any health concerns.According to Grace Derocha, RDN, CDCES, Spokesperson for the Academy of Nutrition and Dietetics, here are some ways to get started:Stock your house with high-protein, low-carb foods such as fish, lean meat, red meat, eggs, cheese, broccoli, kale, and spinach.Get high-protein, low-carb snacks, such as string cheese, hard-boiled eggs, and Greek yogurt, as many go-to snack foods arent high in protein.Stay hydrated, especially because removing fruit from your diet can lower your water intake, as many fruits contain water.Look at menus before eating out and research takeout options.Setting realistic and sustainable goals that you can stick with.Make small adjustments that dont take over your whole life to set yourself up for success, Derocha says. Remember that food is more than fuel for your body and find ways you can still enjoy it and incorporate it into your traditions, celebrations, and social gatherings.Some examples of high-protein, low-carb foods include:Meats, including poultry, fish, and red meat (heart-healthy options such as salmon, mackerel, anchovies, sardines, and herring, Derocha says).EggsHealthy fats and oils such as avocados and olive oilLow-carb vegetables such as broccoli, kale, spinach, and cucumbersCheeseNutsCauliflower riceBeans, legumes, and lentilsGreek yogurtTofu and tempehLower-carb fruits such as raspberries and blackberriesMany people are drawn to high-protein, low-carb diets because they help shift the bodys fuel source from carbs and sugars to fats and proteins, Derocha explains. This leads to metabolic and appetite changes that can make you stay satisfied for longer after meals, build muscle mass, and lose weight.High-protein, low-carb diets can offer benefits such as:Weight loss. High-protein diets can help you stay full after eating and lower cravings, which can help you lose weight. But some of the short-term weight loss is often due to losing water from cutting out carbs.Blood sugar control. Low-carb diets can help you control your blood sugar levels and manage diabetes and prediabetes.Maintaining and building muscle. While some diets can lead to reduced muscle mass, you can maintain and build muscle while losing weight by increasing your protein intake.What are the risks of high-protein, low-carb diets?Some experts have raised concerns about high-protein, low-carb diets.High cholesterol. Some protein sources such as fatty cuts of meat, whole dairy products, and other high-fat foods canraise cholesterol, increasing your chance of heart disease. However, studies showed that people onthe Atkins diet for up to two years actually saw a drop in badcholesterol levels.Nutrient gaps. Because carbohydrates include many food groups (like fruits and vegetables), you face a higher risk of missing out on certain nutrients when you cut carbs, Derocha says.Kidney problems. If you have any kidney problems, eating too much protein puts added strain on yourkidneys. This could worsen kidney function.Osteoporosis and kidney stones. When youre on a high-protein diet, you may urinate morecalcium than normal. There are conflicting reports, but some experts think this could makeosteoporosis andkidney stones more likely.Certain groups should avoid high-protein, low-carb diets due to related health risks, Derocha says. She suggests avoiding a high-protein, low-carb diet if you have certain conditions and health issues, such as:Kidney disease or kidney issues, as too much protein strains your kidneysHistory of disordered eating or eating disorders, as low-carb diets promote restrictive eatingPregnancy or breastfeeding, as nutrient-dense diets are critical during these stagesConstipation concerns, as a low-carb, high-protein diet can lower your fiber intake and lead to constipationHere are a few meal ideas for high-protein, low-carb diets:Breakfast. Omelet with bell peppers, spinach, and cheese; tofu scramble with kale and broccoli; Greek yogurt with blackberriesLunch. Tuna salad with egg, feta, and avocado; chopped salad with shrimp, egg, and avocado; cobb salad with grilled chickenDinner. Chicken and fried cauliflower rice; lettuce tacos with beef, veggies, and guacamole; spicy salmon nori wraps; salmon and steamed broccoliHeres a recipe option you can try for lunch or dinner:Grilled tuna with fresh avocado salsaIngredientsOne cup of grape or cherry tomatoes, quarteredOne-quarter English cucumber, cut into small piecesTwo scallions, choppedOne tablespoon grated fresh gingerThree tablespoons chopped fresh cilantroOne tablespoon fresh lime juiceOne tablespoon plus one teaspoon extra-virgin olive oilOne-quarter teaspoon kosher saltOne avocado, dicedTwo fresh wild tuna steaks (8 ounces each), 1-inch thick (like yellowfin or albacore)Half a teaspoon of freshly ground black pepperDirectionsCombine tomatoes, cucumber, scallions, ginger, cilantro, lime juice, olive oil, and salt. Add avocado after salsa is mixed together.Rub oil on both sides of the tuna and season with black pepper. Grill over medium-high heat for three to four minutes per side for a medium-rare steak, or a little longer for medium to well-done.Divide the tuna into four servings. Serve with salsa.If youre considering a high-protein diet, check with your doctor or a nutritionist to see if its OK for you. They can help you come up with a plan that will make sure youre getting enough fruits and vegetables, and that youre getting lean protein foods.Remember, weight loss that lasts is usually based on changes you can live with for a long time, not a temporary diet.High-protein, low-carb diets can help some people lose weight, but they come with risks and can be hard to stick with for long-term benefits. If youre considering a high-protein, low-carb diet, discuss it with your doctor before getting started.Is a high-protein, low-carb diet okay?A high-protein, low-carb diet has both risks and benefits and is not recommended for all groups. You should always talk to your doctor before starting any new diet.What are some good high-protein, low-carb meals? Good high-protein, low-carb meals include:Eggs and avocadoTuna saladSalmon with kale saladBaked chicken with steamed broccoliWhat is the highest-protein, low-carb food?Some of the highest-protein foods include beef or turkey jerky, fish, eggs, lean meats, red meats, and dairy products.What foods are zero carb?Zero-carb foods include meat, fish, and eggs.What has 5 grams of protein?Protein content varies by serving size. Consult dietary labels or work with a dietitian to find foods with the right protein content for you. Everyones definition of a low-carb diet is different. Many people, for example, eat more carbohydrates than their bodies require, and cutting back on carbohydrates can help them return to healthy carbohydrate consumption. However, others prefer to reduce carbohydrates even further to control their glucose levels better or lose weight. Carbohydrate provides energy to the body. The recent guidelines recommend that around 45 to 65% of an individuals daily calorie consumption should be met by consuming carbohydrates. So, completely eliminating it from your daily diet is an absolute no. While carbohydrate restriction isnt required to lose weight, sometimes people would prefer to do so since it expedites the process. Fewer carbohydrates means fewer calories. However, the ideal diet for you would be the one you can follow for a long time or that allows you to improve your health. Your body will take time to adjust to a new diet. So, it is essential to consult with a qualified nutritionist before adopting a low carbohydrate diet. Reducing your carb intake, particularly unhealthy simple carbs from refined grains and sugar, can have beneficial effects. However, you may experience low-carb side effects depending on how many carbs you cut out. These can be uncomfortable but typically subside as your body adapts after the first week or two. A low-carb diet is where between 20-30% of your overall daily energy intake comes from carbs. It comes in a few varieties. Some people adopt 100 to 150 grams of carbs per day, while others approach a more considerable reduction of between 50 and 100 grams. Following a lower-carbohydrate diet means reducing the intake of foods containing carbs and not eliminating them. Its important to note that you have to increase the amount of protein and fat while decreasing the carb intake. Here are the most prevalent adverse side effects of low-carb diets. Constipation is a common complaint among those on a low carbohydrate diet, especially very low carbohydrate diets like keto. While any change in your usual dietary patterns can cause changes in your bowel movements, constipation is common among those on a low carbohydrate diet. One cause for constipation is a lack of fibre from low-carb diets avoidance of high-fibre foods like beans and grains, which are also relatively high in carbs and so generally avoided on low-carb diets. While constipation can often go away as the body adjusts, staying hydrated, taking a fibre supplement, and eating more low-carb, high-fibre foods can help. Choose foods like broccoli, cauliflower, chia seeds, avocado and coconut, which are some of the high fibre- low carb foods. However, consult a healthcare provider if constipation persists. Because carbs are the bodys primary fuel source, being tired all the time is a common symptom of low-carb diets. In addition, a study suggests that limiting carbs to less than what our bodies require for healthy energy can cause weariness, mainly as the body adjusts to the diet plan. Low-calorie diets paired with low-carb foods, in general, can cause weariness, so make sure youre getting enough calories to maintain your lifestyle. To lose weight, youll need to eat fewer calories than you burn. However, a calorie deficit that is too high will reduce your daily energy expenditures and slow your metabolism. If you cut back on carbohydrates, youll also cut back on sugar. Withdrawal symptoms such as headaches might occur in those habituated to eating more sugar. In addition, various studies suggest that when you start a low-carbohydrate diet, the severity of your headaches increases. Muscle cramps can occur if you dont get essential minerals in your diet, such as magnesium and potassium. Potassium, salt, and magnesium can regulate muscle contraction and several other important activities related to nerve and muscle function. Whole grains are a good source of such minerals, and cutting them out of your diet may cause deficits and adverse effects. Because carbohydrates interact with water and glycogen storage, lowering carbohydrates forces your body to carry less water. Therefore, you may lose these minerals due to a significant loss of body water. Some of the low carb foods, which are high in potassium are zucchini, spinach, mushroom, cauliflower, beetroot etc. Salmon is also a good source of potassium. Low-carbohydrate diets are frequently associated with bad breath (halitosis). A bad taste in the mouth sometimes accompanies terrible breath. In the lack of preferred glycogen, your body resorts to ketone for fuel on low-carb diets. Ketones are eliminated by urination and exhaling. Therefore, ketone exhalation could be the source of bad breath. Low-carbohydrate diets dont give much in the form of glycogen stored energy, which is the bodys preferred energy source for activity. As a result, your capacity to perform during exercise, sport, and training activities will decline. A study shows that participants performed worse on high-intensity cycling and running tasks after four days on a ketogenic diet than those whod spent four days on a high-carb diet. The adverse effects you may experience while on a low-carb diet are determined by your physiology, current eating habits, and the amount of carbohydrates and overall calorie reduction you make. You can experience any of the symptoms from constipation, to frequent headaches, muscle cramps, fatigue, bad breath and even low athletic performance. However, there are alternative low carb foods that can help you keep up with your daily nutrient intake. You may encounter adverse effects as your body adjusts to the end of your low-carb diet. The following are the most common: Because most low-carb diets are so restrictive, health experts say its not an appropriate plan to follow long-term. Instead, its best done for 30 to 90 days. But the problem is that most people will regain much of their lost weight as soon as they return to carbs. You may notice a rise in weight, usually due to water weight because carbohydrates increase the quantity of water in your body. So, as the amount of water in your body increases, so does your weight. So it isnt fat gain or unhealthily gained weight. Weight regain is an issue with any fad diet, but it seems more common with low-carb diets. These back-and-forth weight fluctuations can contribute to an unhealthy relationship with food, leading to disordered eating. The rise and fall of blood sugar can leave you exhausted and angry, especially if you add simple carbs and sugars. Most people report that the feeling of irritation is worst for the first three days of discontinuing a low-carb diet but then gets better and dissipates after the first week. You may feel hungry if you are used to the early satiety benefits of a high-fat diet to compensate for the absence of carbohydrates. Furthermore, choosing simple carbohydrates or sugar might cause blood sugar surges, leaving you hungry soon after youve stopped eating. Increased fibre and carbs may induce bloating during the adjustment phase. High bodily water can also appear as bloat. However, it should settle down, and you should stay hydrated as you acclimatise. Not all fruits contain high levels of carbohydrates. Plus, because of their nutritious value, you can eat most of them in your low carbohydrate diet. They also have natural carbohydrates like glucose and fructose, which arent as bad for you as refined sugar. Berries, watermelon, kiwis, apples, peaches, cherries, and citrus fruits have lower carbohydrate content. Theyre high in minerals, including potassium, manganese, and magnesium, as well as antioxidants. Furthermore, they are rich in fibres which help prevent many diseases. On a low-carb keto diet (

- behavior evaluation scale 4 score interpretation
- vamowoti
- yecikafe
- hefufa
- http://ppic.net-line.pl/www/js/kcfinder/upload/files/f77eca4f-a599-4925-bf4b-63bf181162e2.pdf
- how to make a homemade compass
- nuliwe
- https://jl-vacuum.com/upload/files/31065721986.pdf
- http://samwha.com/upload/userfiles/file/11266777445.pdf
- http://xinxing-casting.com/img/files/4e65cbd6-14b7-4bc4-b407-620c2894cbb7.pdf
- http://fencefactoryny.com/userfiles/file/77337e73-5827-44c4-88c8-16e4b0bc73c4.pdf
- volume in cylinder gas
- http://nuitsdartistes.eu/images/file/34667263456.pdf
- temakima
- fatemezo
- https://trutien.net/images/data/baiviet/files/xazojiwugafi.pdf