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Biuret test for proteins pdf

Foods high in protein such as fish, chicken, meats, soy products and cheese, are all called “protein foods.” You may also hear them referred to as “meats or meat substitutes.” The biggest difference among foods in this group is how much fat they contain, and for the vegetarian proteins, whether they have carbohydrate.

Protein choices Plant-based proteins Plant-based protein foods provide quality protein, healthy fats and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels. Beans such as black, kidney and pinto Bean products like baked beans and refried beans Hummus and falafel Lentils such as brown, green or yellow Peas such as black-eyed or split peas Edamame Soy nuts Nuts and spreads like almond butter, cashew butter or peanut butter Tempeh, tofu Products like meatless “chicken” nuggets, “beef” crumbles, “burgers”, “bacon”, “sausage” and “hot dogs” Fish and seafood Try to include fish at least two times per week. Fish high in omega-3 fatty acids like Albacore tuna, herring, mackerel, rainbow trout, sardines and salmon Other fish including catfish, cod, flounder, haddock, halibut, orange roughy and tilapia Shellfish including clams, crab, imitation shellfish, lobster, scallops, shrimp and oysters. Poultry Choose poultry without the skin for less saturated fat and cholesterol. Chicken, turkey, cornish hen Cheese and eggs Reduced-fat cheese or regular cheese in small amounts Cottage cheese Whole eggs Game Buffalo, ostrich, rabbit or venison Dove, duck, goose or pheasant (no skin) Beef, pork, veal and lamb It’s best to limit your intake of red meat which is often higher in saturated fat and processed meats like ham, bacon and hot dogs which are often higher in saturated fat and sodium. If you decide to have these, choose the leanest options, which are: Select or Choice grades of beef trimmed of fat including: chuck, rib, rump roast, round, sirloin, cubed, flank, porterhouse, T-bone steak or tenderloin Lamb: chop, leg or roast Veal: loin chop or roast Pork: Canadian bacon, center loin chop, ham or tenderloin Share on PinterestIt’s no secret that protein can do wonders for the body— it can help people gain muscle mass, make them feel fuller longer, and prevent those late-night trips to the cookie jarExercise, protein metabolism, and muscle growth. Tipton KD, Wolfe RR. Metabolism Division, Department of Surgery, University of Texas Medial Branch-Galveston, Galveston, TX. International Journal of Sports Nutrition and Exercise Metabolism. 2001 Mar;11(1):109-32Neural Responses to Visual Food Stimuli After a Normal vs. Higher Protein Breakfast in Breakfast-Skipping Teens: A Pilot fMRI Study. Leidy HJ, Lepping RJ, Savage CR, et al. Department of Dietetics & Nutrition, University of Kansas Medical Center, Kansas City, Kansas. Obesity 2011;19(10): 2019-2025. And while protein is essential in a healthy, balanced diet, there can be risks when people eat too much of it.Macho, Macho Man — Why It MattersPhoto by Laura SchwecherlProteins contain amino acids that help repair and rebuild body tissue. The human diet should include ten to 35 percent protein, which comes from foods like meat, poultry, fish, and legumes. Protein can help with weight management, as people tend to feel fuller after eating protein-rich meals. (Eggs make for a better lunch than a double Dorito serving.)People ages 18 and older should consume 0.36 grams of protein daily for every pound they weigh. So a 150-pound person needs about 54 grams of protein, equivalent to six ounces of cooked chicken breast. Who knew a little chicken could go a long way? Especially active people like marathoners or bodybuilders, should gobble down more protein to keep up with their fast metabolisms.As important as protein is, eating too much is potentially dangerous. People looking to bulk up sometimes load up on protein, thinking steak and protein shots will produce insta-muscles. But a diet of green eggs and ham alone doesn’t do much toward defining those pecs, since eating protein without pumpin’ iron won’t build body muscleProtein and amino acids for athletes. Tipton KD, Wolfe RR. Department of Surgery, University of Texas Medical Branch, Galveston, TX. Journal of Sports Science. 2004 Jan;22(1):65-79.. High protein intake also often goes hand in hand with skimping out on the carbs, which can lead to insufficient fiber— a cause of constipation and diverticulitis.Protein: Peril or Power? — The Answer/DebateThere are definite health dangers to going after the Schwarzenegger look with an all-protein diet. It turns out our bodies can’t store excess protein, so once it’s broken down into amino acids, the kidneys excrete the nitrogen content. And the more protein we chow down, the harder the kidneys have to work to remove the waste. Studies suggest people with kidney disease should limit their protein intake, though there isn’t enough evidence to prove that excessive protein intake can actually cause kidney diseaseDietary protein intake and renal function. Martin WF, Armstrong LE, Rodriguez NR. Department of Nutritional Sciences, University of Connecticut, Storrs, CT. Nutrition & Metabolism (Lond). 2005 Sep 20;2:25..But don't toss away all the eggs and bacon just yet, since not getting enough protein has its risks too. An insufficient amount of protein can lead to undernutrition, which may result in extreme weight loss, fatigue, or diarrhea. It’s best to get most protein from plant sources like beans, legumes, nuts, and soy products to steer clear of excess cholesterol. Skip the pig (we know bacon is heavenly, but still), and opt for lean meats like turkey, chicken, and beef tenderloin in moderation.At the end of the day, it’s all about balance. Health problems can result from consuming too much or too little of any food group. Chernecky CC, Berger BJ. Protein electrophoresis - urine. In: Chernecky CC, Berger BJ, eds. Laboratory Tests and Diagnostic Procedures. 6th ed. St Louis, MO: Elsevier Saunders; 2013:920-922.McPherson RA. Specific proteins. In: McPherson RA, Pincus MR, eds. Henry’s Clinical Diagnosis and Management by Laboratory Methods. 23rd ed. St Louis, MO: Elsevier; 2017:chap 19.Rajkumar SV, Dispenzieri A. Multiple myeloma and related disorders. In: Niederhuber JE, Armitage JO, Kastan MB, Doroshow JH, Tepper JE, eds. Abeloff’s Clinical Oncology. 6th ed. Philadelphia, PA: Elsevier; 2020:chap 101.Page 2Castle EP, Wolter CE, Woods ME. Evaluation of the urologic patient: testing and imaging. In: Partin AW, Dmochowski RR, Kavoussi LR, Peters CA, eds. Campbell-Walsh-Wein Urology. 12th ed. Philadelphia, PA: Elsevier; 2021:chap 2.Germann CA, Holmes JA. Selected urologic disorders. In: Walls RM, Hockberger RS, Gausche-Hill M. Rosen’s Emergency Medicine: Concepts and Clinical Practice. 9th ed. Philadelphia, PA: Elsevier; 2018:chap 89.Nicolle LE, Drekonja D. Approach to the patient with urinary tract infection. In: Goldman L, Schafer AI, eds. Goldman-Cecil Medicine. 26th ed. Philadelphia, PA: Elsevier; 2020:chap 268. - - - - - A Bence Jones protein urine test is one of several tests used to diagnose a type of blood cancer known as multiple myeloma.Between 50 and 80 percent of people with multiple myeloma will have Bence Jones protein in their urine. It is also linked to cancers of the lymphatic system.The Bence Jones protein is a building block of the antibodies made by cancerous tumors, so detecting it can help doctors diagnose types of cancer. Learn more about the test and results in this article.Share on PinterestThe Bence Jones protein test will be used if a doctor suspects multiple myeloma.The Bence Jones protein urine test is one of many tests that doctors can do if they suspect that someone has multiple myeloma, which is a form of blood cancer.Healthy urine does not contain Bence Jones protein, so its presence is an indication of a health problem.Other names for this test include urine protein electrophoresis (UPEP), urine immunofixation electrophoresis, or immunoassay for free light chains.The main use of the Bence Jones protein urine test is to diagnose and monitor multiple myeloma.Multiple myeloma happens when the plasma cells, which make the antibodies that fight infection, start to multiply uncontrollably and release Bence Jones protein. This protein does not serve any useful function in the body.Multiple myeloma can cause the following blood problems:Anemia: A shortage of red blood cells that can lead to weakness and exhaustion.Thrombocytopenia: A shortage of thrombocytes or blood platelets that help the blood clot. This may cause excessive bleeding or bruising.Leukopenia: A shortage of white blood cells, which can weaken the immune system.Doctors have also linked the Bence Jones protein to cancers of the lymphatic system, including lymphoma and Waldenstrom macroglobulinemia.A person may be sent for a Bence Jones protein urine test if their doctor suspects they might have multiple myeloma.The symptoms may include:bone pain or fracturing, particularly in the back, hips, or skullconfusion and or dizzinessweakness and swelling in the legsmultiple infectionsA doctor will also look for other indicators of multiple myeloma, including:high levels of calcium in the bloodlow levels of red or white blood cells in the bloodlow levels of platelets in the bloodDoctors may use an X-ray or MRI to look for bone damage and take a bone marrow sample. They will also test a person’s kidney function.Share on PinterestUrine is collected over a 24 hour period and a laboratory checks for the presence of the Bence Jones protein.The Bence Jones protein urine test is a 24-hour test. A person will need to collect all the urine they pass over a 24-hour period, as the components of urine change over the course of the day.The healthcare team will provide a container for collection. The sample will need to be kept cool and may need to be refrigerated, depending on local weather conditions.A person should not collect the first urine they pass on the day of the test. However, all urine passed for the next 24 hours should be collected and added to the container. A person may also be asked to write down the time each sample is collected.The laboratory will then check the complete sample for the presence of Bence Jones protein.It is essential for a person to let their doctor know about any medications, supplements, or vitamins they are taking, as these may affect the results.Ordinarily, healthy urine does not contain Bence Jones protein. However, the results can vary between individuals, and many other tests are taken into account before a doctor makes a diagnosis.Bence Jones protein may also present in a condition called monoclonal gammopathy of undetermined significance (MGUS).MGUS refers to when plasma cells make more of one kind of protein found in white blood cells than they should but do not form a tumor or otherwise damage the body. However, if this condition progresses, it can lead to diseases such as blood cancers.Nevertheless, high levels of the Bence Jones protein can indicate multiple myeloma. The protein has also been linked to other types of cancer, such as lymphoma and Waldenstrom macroglobulinemia.Doctors may diagnose smouldering myeloma if they find Bence Jones protein but blood tests show normal blood counts, calcium levels, and kidney function.Smouldering myeloma is early-stage myeloma. It does not cause symptoms but will still be monitored.The diagnosis an individual receives after a Bence Jones protein test will determine their outlook.While it does not usually need treatment, MGUS does place people at a higher risk of developing multiple myeloma and lymphoma.They may also be at risk of amyloidosis, which is a buildup of certain proteins in tissues. As such, long-term monitoring is usually advised.Likewise, anyone with smouldering myeloma will also require long-term monitoring.If multiple myeloma is diagnosed, a Bence-Jones protein urine level can be used in conjunction with other tests to determine the stage of someone’s cancer. This information will inform treatment options and the long-term outlook. biuret test for proteins positive result. biuret test for proteins a level biology. biuret test for proteins results. biuret test for proteins procedure. biuret test for proteins in short. biuret test for proteins and amino acids. biuret test for proteins principle. biuret test for proteins gcse

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