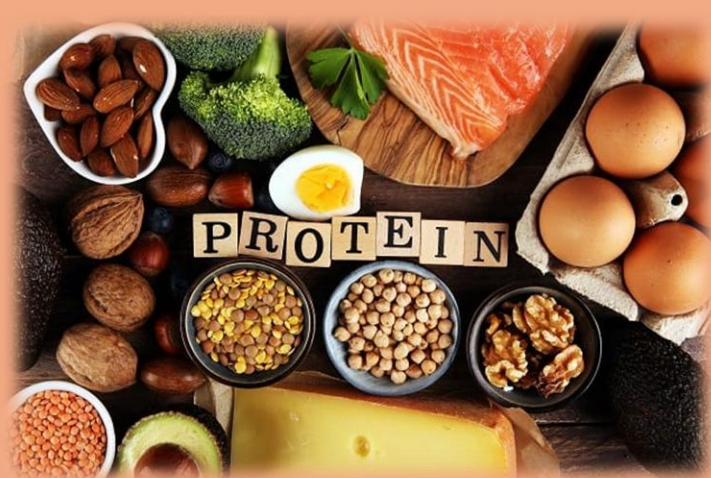


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## AIM OF THE REVIEW

The main goal of this research was to reveal the myths and scientific background of these trends and eating habits.



## INTRODUCTION

- In the world of different trends and eating habits, young adults can easily lose themselves
- Proteins are important for the human organism because the amino acids from proteins are the building blocks of our cells.
- One of today's biggest eating trends are plant-based diets.

## DISCUSSION



### PLANT BASED

### ANIMAL BASED



INCOMPLETE PROTEIN



LESS ANABOLIC



HAS OTHER NUTRIENTS



OK FOR MUSCLE GAIN



COMPLETE PROTEIN



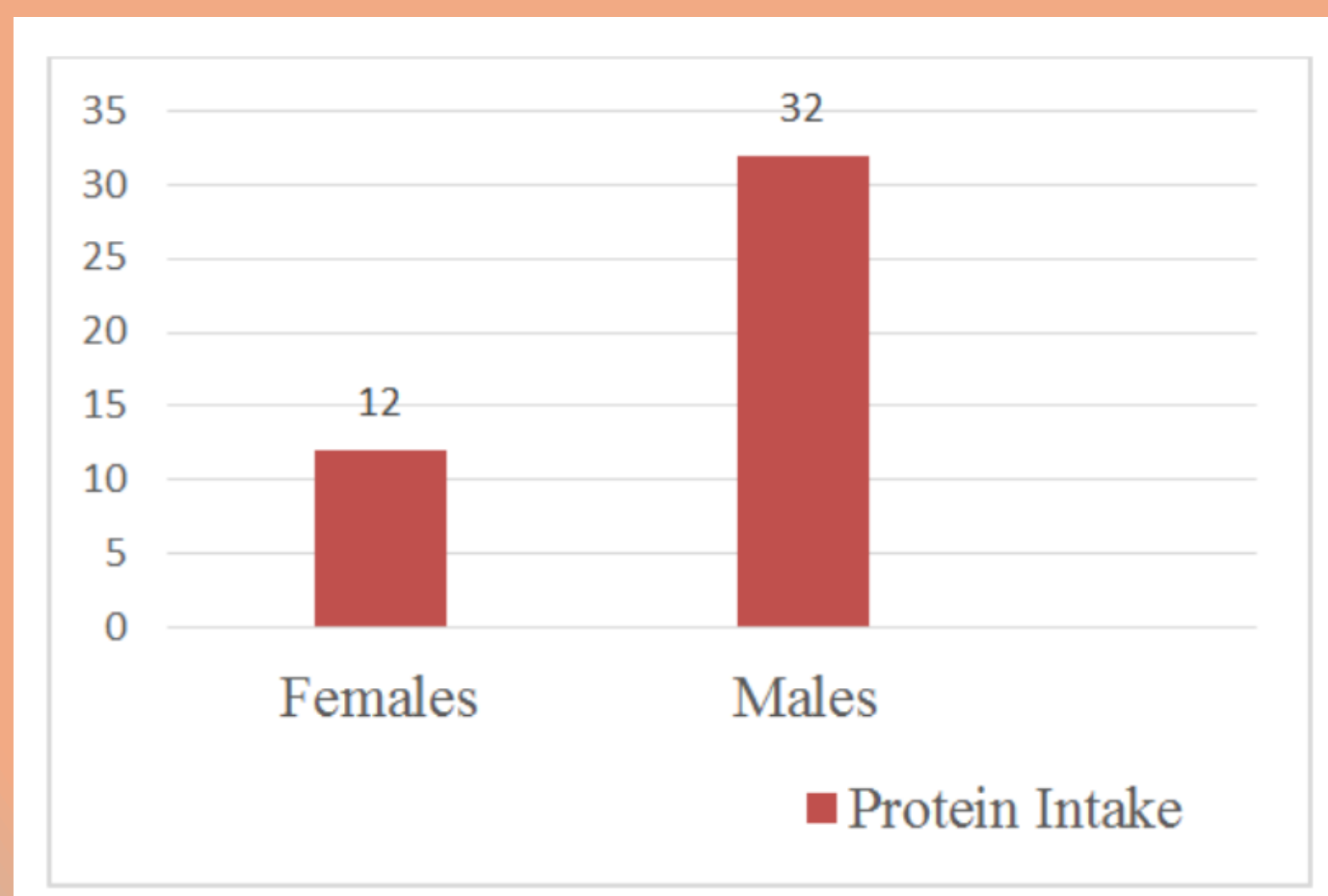
MORE ANABOLIC



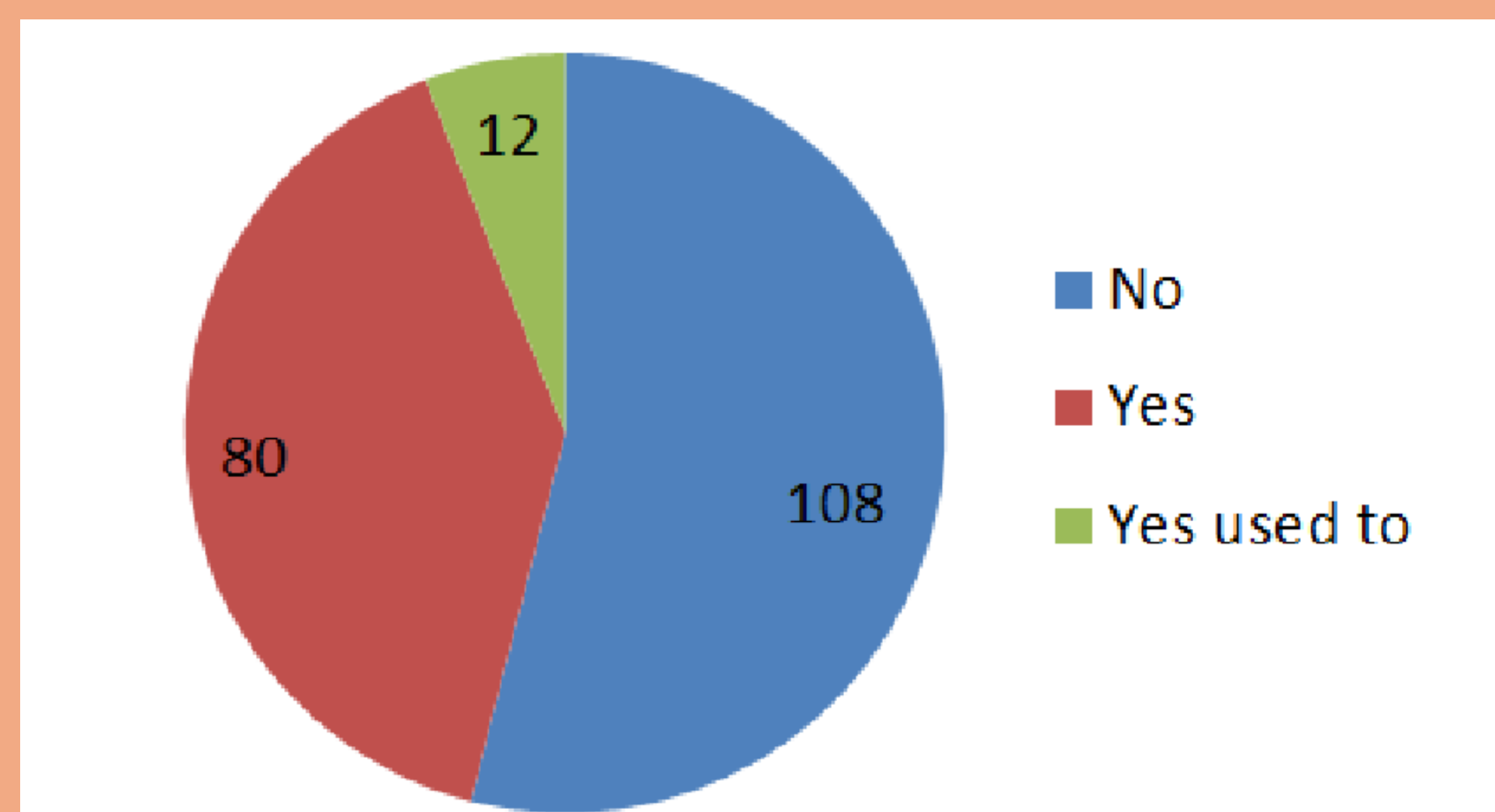
CAN BE HIGH IN FAT



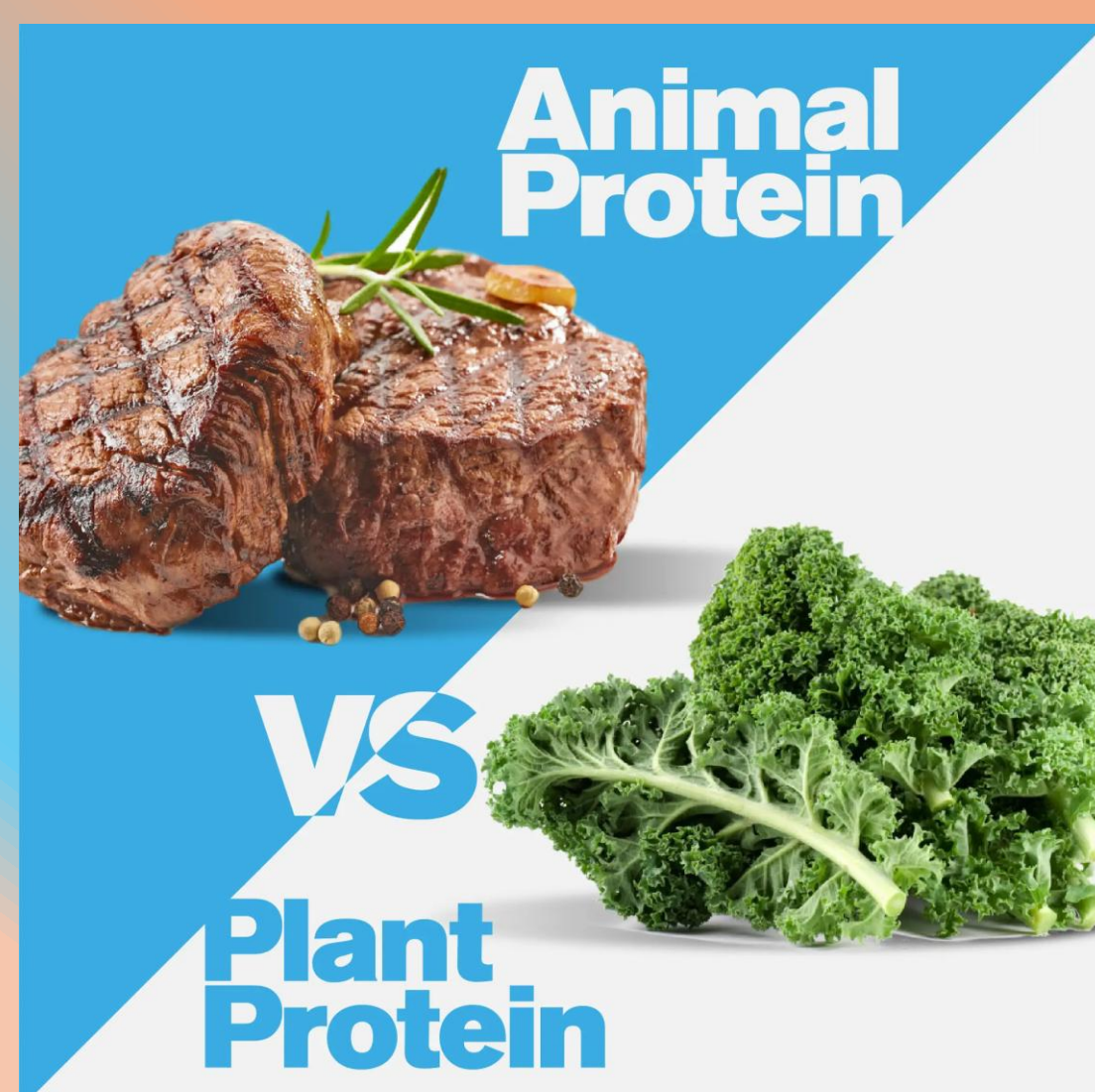
GREAT FOR MUSCLE GAIN



Protein intake based on gender,  
source: Singh, 2017



Protein supplement intake, source: Singh, 2017



## CONCLUSIONS

- In general, the studies agreed that the cheapest and best protein source for young adults is egg
- Plant-based protein can also be very healthy and complete. The B12 vitamin can only be replaced from animal-based proteins.
- Studies have also shown that young adults are more likely to consume high-protein products and supplements than the elderly.
- Lifestyle and living circumstances have a high impact on students' eating habits.

## ACKNOWLEDGEMENT

The project was carried out thanks to the Future Leaders Programme.