

## Research Communication

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# PATTERN OF PROTEIN CONSUMPTION OF ANIMAL AND PLANT ORIGINS - POSSIBLE IMPLICATIONS: A STUDY IN BENGALI YOUNG ADULT EDUCATED URBAN FEMALES

SHREYA MUKHOPADHYAY, SWEETY BARDHAN, SAMBARAN MONDAL  
SAYANTIKA SAHA, SUDIPTA BANERJEE, NEEPA BANERJEE  
AND SHANKARASHIS MUKHERJEE

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*A balanced diet containing all the macro and micro nutrients in correct proportion is fundamental for achieving a good health. Protein is one of the macro nutrients which is linked with diverse anabolic functions of body and is particularly important for cell growth and defensive action. Report of recent study is indicating that the young adult females are at risk of dual burden of malnutrition, in which protein has a specific role to play. In this context, the present study highlights the protein choices and its consumption pattern among the Bengalee young adult females residing in greater Kolkata, West Bengal. The present study was carried out among 102 Bengalee young adult females in the age group of 18-24 years. Background information, anthropometric data and dietary intake values were obtained. Comparison has been made between recommended and average intake of protein, on a daily basis. Daily average intake of protein of the participants was 46.8g which was marginally higher than recommendation. Around 60% of consumed protein was coming from plant origin.*

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