

FOOD FOR HEALTH:

PROTEINS AND PEPTIDES AS POTENTIAL TOOLS TO AMELIORATE CARDIOVASCULAR DISORDERS

Cardiovascular disorders remain one of the major risk factors for human chronic diseases and death worldwide. Food proteins contain hydrophobic amino acid sequences that could resist digestion and be isolated as resistant proteins with cholesterol-binding properties. Such products could be used to formulate foods that reduce cholesterol absorption in the gastrointestinal tract with resultant lowering of blood cholesterol level. Food proteins also contain amino acid sequences, some of which can be liberated through enzymatic hydrolysis. These peptides have been shown to reduce activities of renin and angiotensin converting enzyme (ACE), the two major enzymes involved in hypertension development. In this presentation, these two food protein-derived products are described, first with respect to ability of a legume seed-derived resistant protein to reduce blood cholesterol in rats. Second, in a human intervention trial, the cardiovascular benefits of hemp seed proteins and peptides are demonstrated with respect to significant reductions in blood pressure and oxidative stress parameters.

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ALERT!**



About the speaker



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