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Eating less protein could help you live longer – 6th August 2026

Level 0

A lot of food can shorten our lives. Eating protein could do this. Scientists tell us that meat and dairy products help us live longer. However, researchers found eating protein without exercising increases body fat. People who eat more protein have a higher chance of getting cancer, heart disease, and even a shorter life.

Protein is an important part of our diet. It is in meat, fish, dairy products, and eggs. It is also in beans, nuts, and tofu. Supermarkets are full of protein-packed food. Many people eat too much of it. A researcher said most people sit down a lot, so they probably eat too much protein. This is bad for our health.

Level 1

Many things can shorten our lives. In particular, a lot of food is bad for us. A new study says eating protein could make us age faster. Scientists often tell us that meat and dairy products help us to live longer. However, researchers found that a high-protein diet without exercise increases body fat. A researcher said people who eat more protein have a higher chance of getting cancer, diabetes, heart disease, and even a shorter life.

Protein is an important part of our diet. It helps us to build muscle. Protein is in food like meat, fish, dairy products, and eggs. Vegetarians find it in beans, nuts, and tofu. Many people eat too much protein. Supermarkets are full of protein-packed food. Eating this could shorten our lives. The researcher said most people sit down a lot, so they are more likely to eat too much protein. He said this probably has "negative health consequences".

Level 2

Many things can shorten our lives. In particular, a lot of food is bad for us. A new study says eating protein could make us age faster. This is the opposite to what we have been told. Scientists tell us that meat and dairy products help us to live longer. The new study is from a university in the USA. Researchers found that a high-protein diet without exercise increases body fat in just four months. A researcher said people who eat more protein tend to have a higher chance of getting cancer, diabetes, cardiovascular disease, and even a shorter life.

Protein is an important part of our diet. It helps us to build muscle and keep our bodies strong. Protein is in many foods, including meat, fish, dairy products, and eggs. Vegetarians can find protein in beans, lentils, nuts, and tofu. Many people are eating too much protein. Supermarkets are full of protein-packed food and energy bars. Eating these could be shortening our lives. The researcher said because most people sit down a lot, they are more likely to eat more protein than they need. He said this probably has "negative health consequences".

Level 3

There are many things that can shorten our lives. In particular, many kinds of food are bad for us. A new study suggests eating protein could make us age faster. This is the opposite to what we have been told for decades. Scientists usually tell us that eating meat and dairy products helps us to live longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein diet without exercise leads to an increase in body fat in only four months. Professor Dudley Lamming said: "People who are eating more protein tend to have higher rates of developing cancer, diabetes, cardiovascular disease, and even potentially a shorter lifespan."

Protein is an essential part of our diet. It is made up of amino acids. These help us build muscle and keep our bodies strong. We can find protein in many foods, including in meat, fish, dairy products, and eggs. If people eat a vegetarian diet, they can find protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too much protein. Supermarkets are full of protein-packed food, protein powder, and energy bars. Consuming these could be reducing our longevity. Professor Lamming said: "Because most people are relatively sedentary, they are likely consuming more protein than they actually need, which probably has negative health consequences."