

Jillian Kubala, MS, is a registered dietitian based in Westhampton, NY. Jillian uses a unique and personalized approach to help her clients achieve optimal wellness through nutrition and lifestyle changes. In addition to her private practice, Jillian works as a writer and editor and has written hundreds of articles on nutrition and wellness for top digital health publishers. Mikayla Morell is a content writer and editor residing in Philadelphia, PA. She began her career as a writer while also working as a phlebotomist in a local hospital. She wanted to use her certification in phlebotomy to support the shortage of hospital staff throughout the beginning of the COVID-19 pandemic. How Much Protein Do You Need? A lack of protein in the diet can significantly affect health and lead to low protein in blood. Three of the main symptoms of protein deficiency include swelling, stunted growth, and a weak immune system. (Image: <https://yewtu.be/kBnvyAr-fuY>)

[external frame](#) Other signs of not eating enough protein include muscle loss and weak bones. Protein is an essential macronutrient that provides structure and support to cells and [visit Alpha Surge Male](#) protects the body from viruses and bacteria. It also plays a crucial role in the growth and development of children, adolescents, and pregnant individuals. Protein deficiency due to a low protein intake is uncommon in the United States. Kwashiorkor is a severe protein deficiency that causes edema (swelling) in the arms and legs due to low protein in the blood. It's most common among children in developing countries where malnutrition is prevalent. One of the main signs of kwashiorkor [visit Alpha Surge Male](#) is swelling on both sides of the body. People with kwashiorkor have low levels of a substance called albumin. Albumin helps keep fluid inside the blood vessels. A lack of albumin can make it hard for the body to balance fluid in blood vessels, which results in fluid accumulation in the body tissues. The body tries to hold onto more water and sodium, which causes swelling.

Keep in mind that edema is a symptom of severe protein deficiency. This condition is less likely to occur in developed countries. Protein is a major component of skin and hair. Protein deficiency can cause your skin to appear paler, drier, or flakier. Your hair may appear more brittle and may break more easily. You might also experience hair loss or graying. Hair and skin changes do not usually occur with marasmus. This form of severe malnutrition happens if you do not eat enough calories or protein, which causes extreme weight loss and muscle wasting. Low protein intake can also trigger telogen effluvium. This condition leads to excessive hair shedding and hair loss. A severe protein deficiency can impair your immune system. Protein helps make antibodies that protect you from infection and other illnesses. Protein deficiency leads to fewer antibodies, which can increase your risk of infections. Low protein intake often means lower intake of other nutrients.

One review of over 11,000 adults aged 51 years and older found that adults who did not meet the estimated average requirement (EAR) of protein were more likely to fall below the EAR for a number of vitamins and minerals. A lack of nutrients can cause inflammation and oxidative stress, which can affect the immune system. Oxidative stress happens when there are more free radicals in the body than antioxidants. Free radicals are unstable atoms that can damage cells, trigger changes in genes, accelerate aging, and increase the risk of conditions like heart disease and [Alpha Surge Male product page](#) diabetes. Skeletal muscle, which attaches to bones, helps your body move. Consuming higher amounts of protein can help build and maintain skeletal muscle mass and strength when you pair it with strength training. When there is not enough protein for energy, your body breaks down skeletal muscle tissue for energy. This leads to muscle atrophy (a decrease in muscle mass). Even minor muscle loss can affect your movement and strength.

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