Ingestion of high-quality protein is associated with several health outcomes, which help to promote healthy aging, appetite regulation, weight management, and performance and recovery in athletes. Elderly experience an age-related loss of muscle mass and strength, which enhances the risk of frailty, disability and loss of autonomy. However, high intake of proteins seems to reduce muscle loss in elders.

In perspective to prevention and treatment of obesity, substantial evidence supports that high-protein diets improve satiety and fat loss but has a positive influence on maintenance of lean body mass. Protein-rich diets may thereby promote a "healthy weight loss". Finally, athletes aiming at improving recovery and adaptation to training can experience synergetic effects by combining training with a high protein intake above current Recommended Dietary Allowance for protein. In all aspects, protein quality, protein dose per meal, and timing of ingestion may impact the efficiency of protein ingestion. In this brief talk, recent evidence will be presented concerning beneficial health effects associated with eating a high-quality protein diet.