

SUPPRESSIVE EFFECT ON FOOD INTAKE BY HISTIDINE-RICH PROTEIN IN JAPANESE AND CHINESE ADULT

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[Purpose of this study] Regulation of food intake should play a role to prevent obesity. Histamine is a derivative of histidine. It was reported that histamine has the suppressive effect on food intake by the activation of the histamine neuron. The purpose of this study is to verify this suppressive effect on food intake by histidine-rich protein.

[Methods and Analysis] The participants of this study were 103 Japanese adults (male 54 and female 49) and Chinese adults (male 59 and female 76). They were all 20 to 50 ages. The actual amounts of food intake were measured on September 1999 in Japan, and on March in China. After food intake surveys, the amounts of energy, protein, and histidine intakes of each participant were calculated. The linear regressions were investigated between energy intake and various factors (protein-, histidine- and histidine/protein-intakes). The data were analyzed for correlation by using t-test.

[Results and Discussion] There was positive correlation between the amount of energy intake and protein intake. There was also positive correlation between the amount of energy intake and histidine intake. However, a negative correlation was seen between the amount of energy intake and histidine/protein intake. This suppressive effect for female seemed to be stronger than that for male. This suppressive effect was also seen against Chinese.