
OBJECTIVES AND HYPOTHESES

The overall objective of this PhD thesis was to investigate the effect of an increased protein intake, including the role of animal and plant protein in pre-diabetic, overweight or obese individuals on health outcomes: markers of kidney function and putative risk factors for colorectal cancer as well as insulin sensitivity and kidney function in healthy individuals.

The following four hypotheses were addressed:

- Ingestion of a higher protein intake, as well as a higher plant to animal protein ratio is associated with lower HbA1c levels and an increase in eGFR (**paper I**).
- A higher protein intake is associated with a decrease in kidney function (**paper II**).
- Ingestion of a higher protein intake, as well as a higher plant to animal protein ratio is associated with a change in putative colorectal cancer risk markers (**paper III**).
- Red and processed meat is associated with an adverse effect on putative colorectal cancer risk markers (**paper III**).