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FISH LIKELINESS AS EATING CORRESPONDING WITH PROTEIN IN URINE

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ABSTRACT

The objective of this research is to evaluate relation between fish likeliness as eating and protein in urine. There are many methods which we use to measure the protein in urine. But here we have used a very simple procedure to measure the protein in urine and this is performed by using the strips. In this method the urine of the people was collected in separate bottles. Then dipped the strip in the urine for some seconds and then remove it and place it to be dried for one minute. Observe the change in color on the strip and then calculate the value. The purpose of this project was to check the corresponding relationship of fish likeliness as eating with protein in urine. A total of 100 participants take part in this project and the protein in their urine was calculated. Questionnaire based Performa was given to all of them and questions were asked if they like fish as eating or not and they put the information on it. Then we calculated results from all those information which we obtained from them. The conclusion taken from this research is that fish likeliness as eating and protein in urine has no clear scientific relation.

Keywords: fish likeliness, Proteinuria, chemical strips

INTRODUCTION

Protein is the major part of everyone's body. The most important protein present in our blood is the albumin. This function in transport of oxygen in the blood to whole part of the body. Besides this proteins also have many other functions such as the building of the bones and muscles, preventing from infection. When our kidneys are healthy than they remove the extra fluids and waste from the blood and other important nutrients. The nutrients and proteins obtained from this than absorbed by the blood stream. However when our kidneys are not normal than they cannot remove the extra waste and the proteins pass through urine from our body. The condition when protein is present in our urine is called proteinuria. When protein is present in urine this is the symptom of some disease in kidneys or some other infection in urinary system. Some people have protein in their urine due to diabetes, high blood pressure and family history of kidney infections.

Fish is a heavy food. When we eat fish then it provides the fish oil which is very beneficial for our health. Fish oil decreases the proteins in urine because it makes our kidneys strong. Most of the diabetic patients are recommended to take fish to reduce the glucose level and also reduce other things in their urine. Fish causes their metabolism to be normally controlled. So we can say that fish eating reduces the proteins in urine.

The objective of this research is to evaluate relation between fish likeliness as eating and protein in urine.

Materials and methods

Measurements of proteins in urine
There are many methods which we use to measure the protein in urine. But here we have used a very simple procedure to measure the protein in urine and this is performed by using the strips. In this method the urine of the people was collected in separate bottles. Then dipped the strip in the urine for some seconds and then remove it and place it to be dried for one minute. Observe the change in color on the strip and then calculate the value.

Project designing

The purpose of this project was to check the corresponding relationship of fish likeliness as eating with protein in urine. A total of 100 participants take part in this project and the protein in their urine was

calculated. Questionnaire based Performa was given to all of them and questions were asked if they like fish as eating or not and they put the information on it. Then we calculated results from all those information which we obtained from them.

Statistical analysis

Statistical analysis was performed by using the MS excel by taking the percentage of all the data.

All the results that we collected are shown in the form of table. Both males and females are involved in this study. Only 2 % of the males like fish as eating and they have proteins in their urine. About 22% of the males also like fish as eating but they do not have proteins in their urine. In case of females 12 % like the fish as eating and they have proteins in their urine while 45% do not like fish as eating and they do not have proteins in their urine.

Results and discussion

Table 1: The relationship of protein in urine and fish likeliness as eating.

Gender	**Urine protein positive%**	**Urine protein negative%**
Male	2%	22%
Female	12%	45%

Table 2 displays the relationship of protein in urine and fish as eating. It was calculated that only 2% not like the grapes and they have protein in their urine. While in case of female 3% not like the fish as eating and they have protein in their urine and almost 14% showed no interest in liking of fish as eating and have not protein in their urine.

Table2: The relationship of protein in urine and not liking of fish as eating.

Gender	**Urine protein positive%**	**Urine protein negative%**
Male	2%	0%

Female	3%	14%

From table 3 it was observed that large percentage of male almost 76.98 % like the fish as eating and less of them almost 9.52% do not like the fish as eating while in case of female 64.48% like the fish as eating and only small percentage of female 10.31% have no interest in liking of fish as eating

Table3: Overall relationship of fish as eating likeliness and not liking of fish as eating.

Gender	**Grapes likeliness%**	**Not liking of grapes%**
Male	76.98	9.52%
Female	64.48%	10.31%

Conclusion

The conclusion taken from this research is that fish likeliness as eating and protein in urine has no clear scientific relation.

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