Individuals wanting to gain muscle mass often consume more dietary protein.

Only a few studies have investigated dietary protein's effect on gut microbial metabolic pathways.

A previous cross-sectional study found that higher protein intake correlates with increased colonic nitrogen and purine and pyrimidine metabolites.

The primary sources of dietary nitrogen are protein and purines.

The fecal nitrogen content could be a good biomarker for protein intake.

Fecal matter's complexity makes it challenging to develop a method for quantifying nitrogen (Figure 1).

Once developed, our lab plans to use the method to investigate the nitrogen content of stool samples collected from healthy individuals before and after an increase in protein intake (Figure 2).

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