

Protein

The Essential Building Blocks

- Protein provides four calories per gram. Thermic Effect: for every 100 cal = 20 cal are burned
- Besides water, protein is the most plentiful substance in the body. Made up of structural units or chains called amino acids

What does it do?

- In the absence of sufficient carbohydrates, protein is used as an energy source.
- Protein is the primary component of building material for muscles, blood, skin, hair, and internal organs such as the heart and the brain. Used in the formation of hormones, enzymes and antibodies
- Protein is vital for growth, maintenance and repair of body tissue.

Sources of protein:

- Complete Proteins: Complete proteins contain all the essential amino acids (not made by the body) Sources include: Animal products such as beef, chicken, fish, milk and cheese.
- Incomplete Proteins: Incomplete proteins do not contain the adequate of essential amino acids. Sources include: Plant products such as grains, legumes, cereals, nuts and starchy vegetables.