# COMPLETE **PROTEINS**



### What is a complete protein and why is it important?

A complete protein is any food containing all of the nine essential amino acids. Our body contains 20 amino acids, but it can only produce 11 amino acids on its own. This means we need to obtain the other 9 from our diet. Complete proteins serve a variety of functions for our bodies. Complete proteins aid in muscle growth, organ and tissue formation, increase metabolism, and boost the production of enzymes and antibodies. Without complete proteins in our diet, our immune system can weaken and make us more prone to illness.

#### FOODS WITH COMPLETE PROTEIN

#### DID YOU KNOW?

Our bodies can digest and use animal proteins better than plantbased proteins.

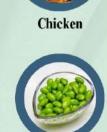


Eggs



Milk





Quinoa Tofu



Edamame

## 9 Essential Amino Acids:

- 1) Histidine
- 2) Isoleucine
- 3) Leucine
- 4) Lysine
- 5) Methionine,
- 6)Phenylalanine
- 7) Threonine,
- 8)Tryptophan
- 9) Valine