



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.

DID YOU KNOW?

Our bodies can digest and use animal proteins better than plant-based proteins.

FOODS WITH COMPLETE PROTEIN



Eggs



Milk



Chicken



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