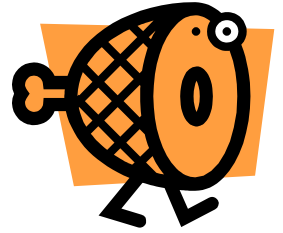


Protein



Protein is a part of every cell and tissue in the body. It is made up of building blocks called amino acids. There are about 23 amino acids, nine of which are essential and the rest are nonessential. Essential means that they must be consumed through your diet. The other nonessential amino acids can be made from the essential ones

Functions of Protein

- As enzymes – the driving force behind all biochemical reactions in your body
- As structural elements – the main component of our bones, muscles, hair, skin and blood vessels
- As antibodies – they recognize invading elements and allow the immune system to get rid of unwanted invaders
 - Hormonal function
 - Source of energy
 - Muscle contraction and growth

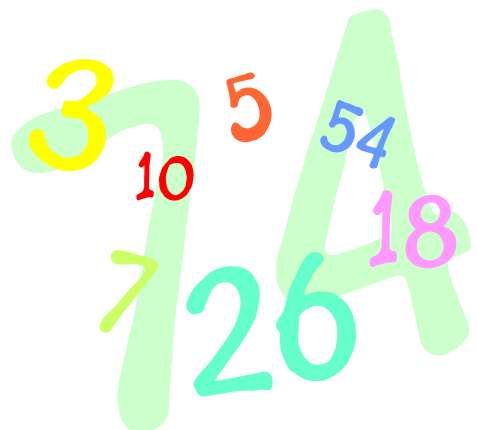
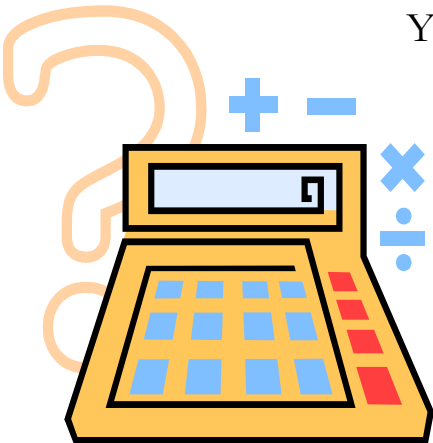
Calculating Protein Requirements

On average a person needs 1 gram of protein per kilogram of body weight.

You can figure this out by taking your weight in pounds divided by 2.2 to get your weight in kilograms.

Example

Someone weighs 150 lbs
Take 150 divided by 2.2
 $150/2.2=68$ grams of protein a day



Complete vs. Incomplete

In general, animal proteins are considered complete proteins. A complete protein contains all the essential amino acids. Vegetable proteins are considered incomplete proteins and are missed one or more of the essential amino acids. Our body's need all of the essential amino acids, so the only sources that count as protein are from animal sources and soy. Soy is the only vegetable that is a complete protein. If a box of spaghetti says that it has 2 grams of protein per serving, they do not count because the protein does not function in your body.

Great Sources of Protein

Soy
Fish
Chicken Breast
Turkey Breast
Skim Milk
Low-fat Yogurt
Eggs



Not all complete proteins are created equal. Some have more saturated fat and cholesterol, which is something that we want to avoid.

Satisfactory Sources of Protein

Turkey Thigh/Leg
Chicken Thigh/Leg
Lean beef
Lamb
Pork
Veal
Cheese

Protein Content in Foods

3 ounces (size of your palm) of Roasted Turkey or Chicken – 26 grams

½ cup of drained Tuna – 23 grams

3 oz of cooked Salmon – 22 grams

1 cup of Soybeans – 19 grams

1 cup of Tofu (cooked) – 10 grams

1 Large Egg – 7 grams



Vegetarians

If you are considering becoming a vegetarian, or already one, you must consider what protein sources you eat. A vegetarian can acquire the recommended amount of protein with a method known as complimentary protein, where you combine certain foods that will create a complete protein.