

## Protein

What is Protein?

Organic molecules made up of amino acids – the building blocks of life

Two main categories of amino acids:

- Essential (We need from outside resources)
- Non-essential (Our bodies can manufacture)

We refer to foods containing all nine essential amino acids as complete sources of protein.

Why is it important to get enough protein?

- We need protein to produce important molecules in our bodies – like enzymes, hormones, neurotransmitters, and antibodies. Without sufficient protein intake our bodies are unable to function well.
- Helps replace worn out cells
- Transports various substances throughout the body
- Aids in growth and repair
- Helps liberate free fatty acids from adipose tissue – in other words it's another way to get fuel for cells instead of just existing in our mid section.
- Satiety, weight management, and performance.

How much protein do we need?

- Depends on activity level, but anywhere in between .5g to 1g per goal body weight.

Habit:

- Men – Get at least two servings (40-60g) of complete protein with each meal
- Women – Get at least 1 serving (20-30g) of complete protein with each meal

Complete protein sources:

- Lean meats
- Dairy
- Combining Grains and Legumes: Black beans & Rice, Pasta & peas, Whole Wheat bread & peanut butter, oatmeal and nut butter
- Combining nuts and seeds + Legumes: Mixed nuts & Seeds, Hummus (chickpeas and tahini), Lentils & Almonds, Hummus and whole wheat crackers.