Proteins

What is proteins main function? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Protein is a food group in myplate and includes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Protein has calories per gram.

Keep meat and poultry portions and \_\_\_\_\_\_\_\_\_

Include at least \_\_\_\_\_\_\_\_ of seafood per week

**Amino Acids**

Amino acids are the \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ from which new proteins are made.

The body cannot manufacture essential amino acids so they must be obtained from \_\_\_\_ .

There are \_\_\_\_\_ different amino acids.

\_\_ are essential for good health.

**Complete Proteins**

Any food that has all \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ amino acids.

Complete proteins come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sources.

Examples of complete proteins: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exceptions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Incomplete Proteins**

Contain some but not all \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Comes from \_\_\_\_\_\_\_\_\_ sources:

Examples of incomplete proteins: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Complementary Proteins**

Complementary proteins are a \_\_\_\_\_\_\_\_\_\_ combined with any nut, seed or legume.

Incomplete proteins can be \_\_\_\_\_\_\_\_\_\_ to create complementary proteins.

Examples of complementary proteins: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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