



Nutrient Content of Food – Proteins, Carbohydrates, Fats, Vitamins, Minerals

PROTEIN

Comes from the Greek word “proteos” - “to come first” “of primary importance” primary ingredient in every cell of body.

building blocks – needed to make muscles, hair, skin, nails, organs, blood cells, nerves, bone and brain tissue, enzymes, hormones, antibodies, chemical messengers, and DNA and RNA – the genetic codes of life.

1. Working proteins – enzymes, antibodies, hormones, oxygen carriers, transport vehicles, cellular pumps
2. Structural proteins – tendons, ligaments, tissues, scars, cores of bones and teeth, hair, nails and more

Proteins are buffers which keep the acid/alkaline balance in the blood normal at the ph of 7.4.

We need at least 10% of our caloric intake to be protein. This means there should be a source of good protein at every meal.

What foods supply protein?

Meat	Dry Beans or legumes – pinto, black beans, split peas
Eggs	Nuts
Cheeses	Seeds – sunflower, pumpkin, sesame
Yogurt	Whole Grains
Milk	
Fish	

Some of these foods are complete proteins — All animal products

Some of these foods are incomplete proteins — Plant products

What does this mean? Complete protein?

Proteins are made up of amino acids. There are 22 amino acids. Our body manufactures all but 9 of them. These 9 are called essential amino acids because you must eat them and are absorbed in the intestine.

Sources

[http://www.urbanecologycenter.org/working proteins](http://www.urbanecologycenter.org/working%20proteins)

[http://www.urbanecologycenter.org/index/2009/ structural proteins](http://www.urbanecologycenter.org/index/2009/structural%20proteins)

[http://www.urbanecologycenter.org/legumes – pinto, black beans, split peas](http://www.urbanecologycenter.org/legumes%20-%20pinto,%20black%20beans,%20split%20peas)

[http://www.urbanecologycenter.org/index/2009/ structural proteins](http://www.urbanecologycenter.org/index/2009/structural%20proteins)

<http://www.urbanecologycenter.org>