

PROTEIN BENEFITS

TOMLINSON LIFESTYLE MEDICINE CONSULTING



Protein is a nutrient that is made up of essential and nonessential amino acids, for good health. Your body makes 13 nonessential amino acids, which are not available from food.

For the body to process protein properly, the foods that you eat must contain the 9 essential amino acids that are available only from dietary sources.

Protein helps to maintain and replace the tissues in your body. Your muscles, organs and many of your hormones are made up of protein. Protein also makes haemoglobin, the red blood cells that carry oxygen to your body.

Good source of Protein

- Good low-or non-fat sources of protein include:
- Beef, poultry, pork and lamb
- Fish and shellfish
- Dairy products, including cottage cheese, cheese, yogurt and milk
- Eggs, egg whites or egg substitutes
- Dry beans, peas, oats and legumes
- Tofu and soy products
- Nuts and seeds



Although many good sources of protein are found in meat or animal products, vegetarians can still consume adequate amounts of protein. Vegetarians who eat dairy products and eggs can still choose from a variety of plant and animal protein sources. Vegans who eat only plant sources of food can still rely on tofu, soy products, oats, beans, lentils and peanut butter for protein.



Your protein intake will be dependent upon your age, medical condition, and activity level and body size!

Proteins are considered either complete proteins (which supply enough essential amino acids) or incomplete proteins (which lack adequate essential amino acids). Meat, eggs and dairy products are considered complete proteins, but vegetables, beans and other plant products are considered incomplete proteins.

However, some incomplete proteins can be combined to create a complete protein - rice and beans, peanut butter and jelly, and corn and beans are examples of complete-protein meals.