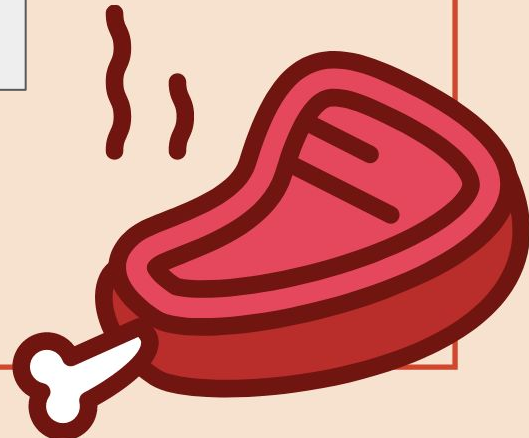


Protein Foods



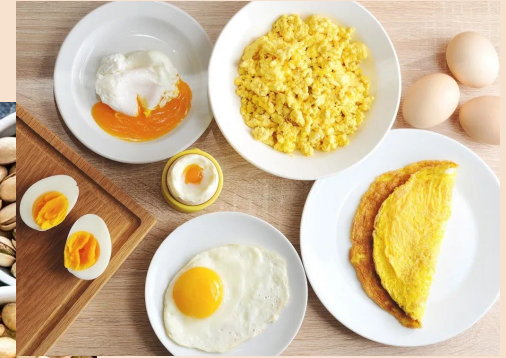
What is Protein?

- Proteins are one of the three energy-yielding nutrients.
- They are composed of amino acids and are essential to all living organisms.
- They serve as energy sources and are building blocks for bodily components such as muscles and hair.
- Each gram of protein contains 4 calories and makes 15% of a person's body weight



Examples of Foods Containing Protein

- Lean Meats
- Poultry
- Fish and Seafood
- Eggs
- Dairy Products
- Nuts
- Legumes and beans



Protein's Nutritional Contribution to Our Diet

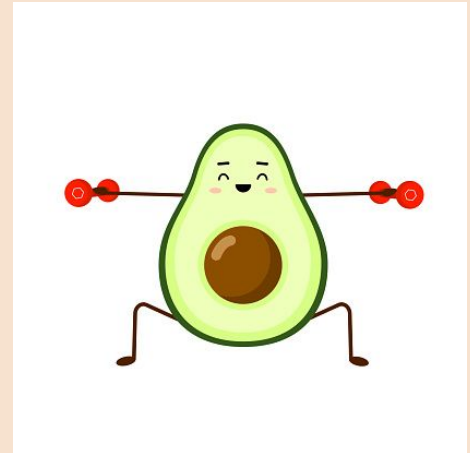


- Protein provides the body with approximately 10 to 15% of its dietary energy.
- Animal-based protein sources such as meats contribute more protein and several nutrients (e.g., zinc, vitamin B-12, phosphorus, and iron) than plant-based protein foods do.
 - However, plant-based protein foods can contribute more of other nutrients (e.g., dietary fiber, vitamin E, magnesium)
- Protein can improve immune system, appetite, and diet quality.
- A safe level of protein ranges from 0.8 grams of protein per kilogram of body weight.

Major Functions of Protein

Protein plays a role in:

- Growth and maintenance of cells
- Providing structure and energy
- Formation of enzymes, hormones, and antibodies
- Regulating fluid and acid-base balance
- Allowing metabolic reactions to take place
- Coordinating bodily functions
- Protecting the body from viruses and bacteria



Sources

- Textbook: Foundations, Level 2
- https://www.healthline.com/nutrition/functions-of-protein#TOC_TITLE_HDR_7
- [https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html#:~:text=Protein%20provides%20the%20body%20with,%25\)%20and%20blood%20\(16%25\).](https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html#:~:text=Protein%20provides%20the%20body%20with,%25)%20and%20blood%20(16%25).)
- <https://www.betterhealth.vic.gov.au/health/healthyliving/protein>
- <https://www.everydayhealth.com/diet-nutrition/protein-how-much-you-need-benefits-sources-more/>
- <https://academic.oup.com/ajcn/article/101/6/1346S/4564497#110064424>
- <https://www.livescience.com/53044-protein.html>