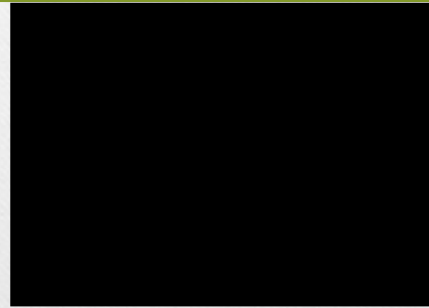
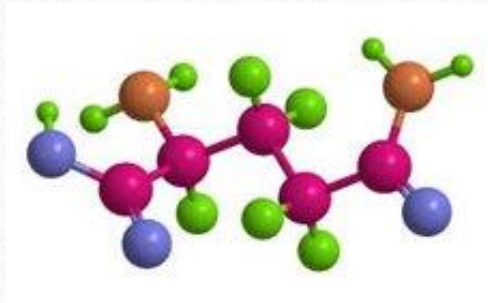


Proteins



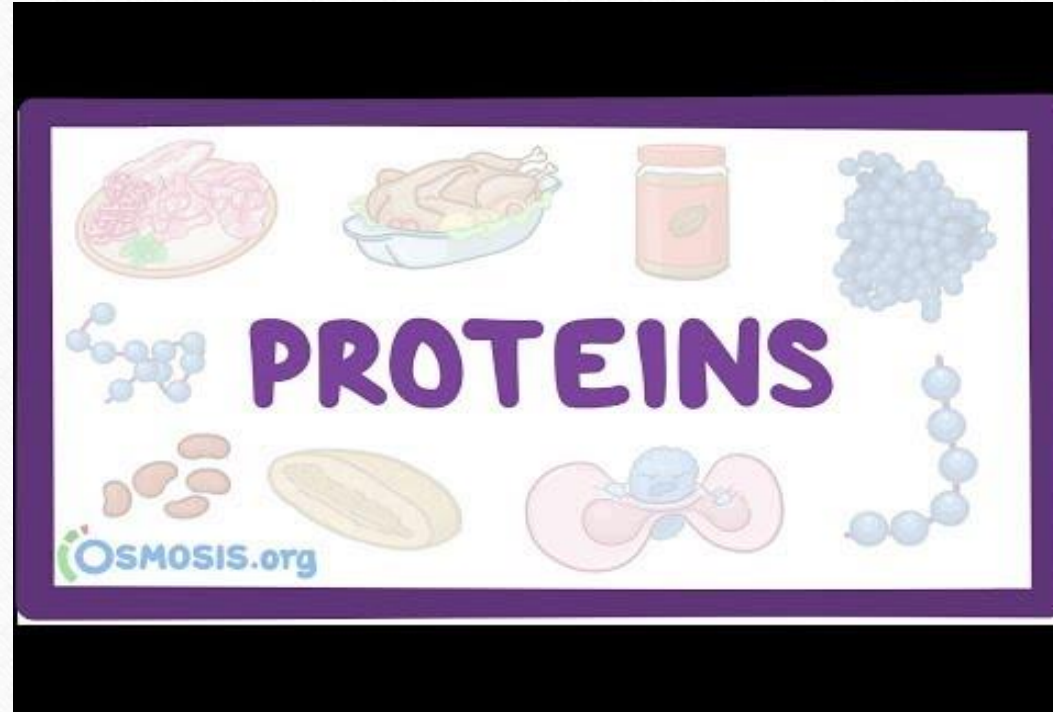
Feb. 07, 2021

Characteristics



- Made of long strings of amino acids referred to as building blocks of life.
- Can be considered as complete or incomplete
(Incomplete having not adequate amounts of amino acids)
- Able to alter change based on outside factors
- A proteins function is based on its sequence and shape.
- Essential for growth and repair of the body

More On Proteins



Protein Sources



- Protein Powder
- Poultry
- Eggs
- Beef
- Pork
- Fish
- Beans
- Etc.

References

- https://www.healthline.com/nutrition/functions-of-protein#TOC_TITLE_HDR_8
- <https://www.medicalnewstoday.com/articles/196279#what-are-proteins>
- <https://sciencing.com/characteristics-protein-8460468.html>
- <https://www.youtube.com/watch?v=HSCUAjZQhXI>