

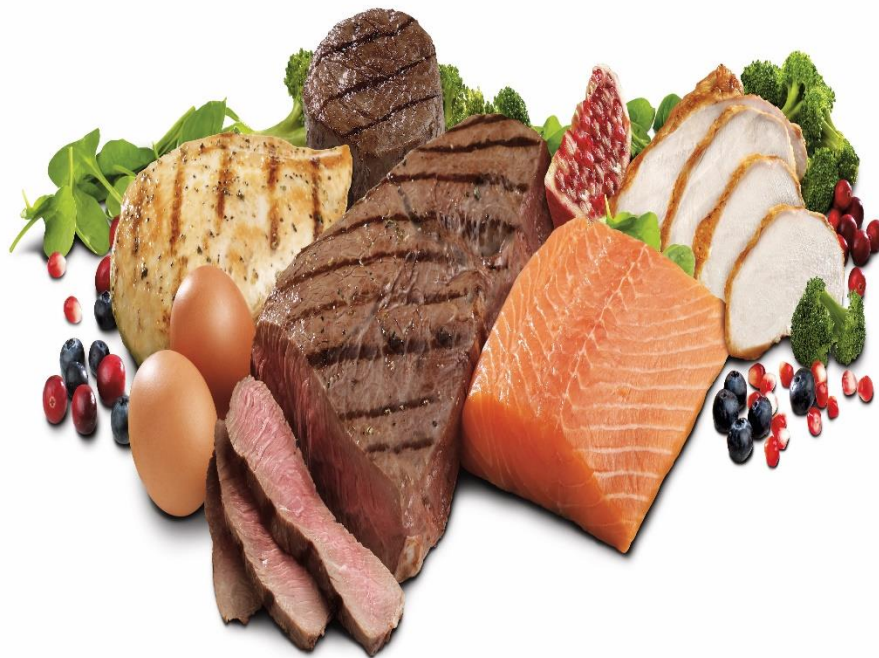
Name: \_\_\_\_\_

Class Period: \_\_\_\_\_

# Protein

Foods/Nutrition

Unit 4



Proteins contain \_\_\_\_\_calories per gram.

Protein is a very important nutrient. It makes up most of our body \_\_\_\_\_, tissues and \_\_\_\_\_.

### **Protein Deficiencies**

Kwashiorkor-

Anemia-

Marasmus-

### **Daily Protein**

\_\_\_\_\_ Percent of our daily calories should come from protein.

Protein is the \_\_\_\_\_ of most of our body structures.

## Function of Proteins in the Body

Hair & Nails

Blood

Muscles

Cellular messengers

Antibodies

Cellular construction workers

Enzymes

Brain & Nerves

## The Purpose of Protein

The main function of protein is to \_\_\_\_\_ and \_\_\_\_\_ body tissues.

You must eat protein \_\_\_\_\_ to replace the wear and tear on your body tissues.

We get most of our protein from the \_\_\_\_\_ food group.

## Amino Acids

Amino acids are the \_\_\_\_\_ of protein.

Essential amino acids \_\_\_\_\_ be made by the \_\_\_\_\_.

As a result, they must come from \_\_\_\_\_.

There are \_\_\_\_\_ essential amino acids.

**Essential** means that your body **MUST** have them.

## Complete Proteins

Complete proteins contain all \_\_\_\_\_ of the essential \_\_\_\_\_.

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

\_\_\_\_\_ (from soybeans) and \_\_\_\_\_ are the only complete proteins from a \_\_\_\_\_ source.

## Incomplete Proteins

\_\_\_\_\_ Proteins do NOT contain all of the essential amino acids.

Incomplete proteins come from \_\_\_\_\_ food sources.

Examples of incomplete proteins could be:

- a.
- b.
- c.
- d.
- e.

## Complimentary Proteins

Incomplete proteins can be \_\_\_\_\_ to create a  
\_\_\_\_\_ protein.

Examples include:

- a.
- b.
- c.

## Protein Supplements

Helps build \_\_\_\_\_.

(Muscle work builds muscle; protein supplements do not)

saves \_\_\_\_\_ protein while losing \_\_\_\_\_.

strengthen \_\_\_\_\_.