

Proteins that are essential to growth (cells die + replace)

- 1) Growth -
- 2) Repair -
- 3) Replacement -

* Nitrogen in proteins are hard to find.

Essential Amino Acids

* Eight of the 20 amino acids are essential amino acids + cannot be made by the body so must be consumed in the diet.

* Complete proteins contain all 8 essential amino acids, while incomplete proteins do not. (red meat, chicken, fish)

Complete Proteins

* Have all essential amino acids (8)

* Incomplete proteins

* Complementary proteins - multiple food types that form a complete protein when combined (beans + rice, meat + potatoes)