

Enjoy a variety of protein foods, because not all protein was created **EQUAL.**



Protein from foods such as meat, poultry, fish, eggs, isolated soy protein, milk, cheese and yogurt are sources of high-quality protein or 'complete protein.' They have 20 amino acids, including the 9 essential ones that must come from the foods you eat. Amino acids are the building blocks of protein.

Protein quality is set by two things:

- ★ **The make-up of amino acids the protein contains**
- ★ **How well the amino acids are used by the body**

Proteins found in plants, legumes, grains, nuts, seeds, and vegetables tend to lack one or more of the 9 essential amino acids. These foods are considered lower-quality protein or 'incomplete protein.'

Emerging research shows that enjoying high-quality protein at each meal (about 25-30 grams), is beneficial for the young and old.

High quality protein promotes healthy growth and prevents muscle and bone loss as we age. It also satisfies hunger and helps with weight control.

1. Phillips et al. *Commonly consumed protein foods contribute to protein intake, diet quality and nutrition adequacy.* *American Journal of Clinical Nutrition.* April 2015.
2. Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrates, Fibre, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients).* 2005.
3. *Proceedings of The International Meat Secretariat's Symposium on Protein Requirements.* Sept. 2013.

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