



PETALUMA PEOPLE
SERVICES CENTER

Nutrition News You Can Use - January 2021

Protein:

- is found in foods from both plants and animals.
- is made up of hundreds or thousands of smaller units, which are called amino acids.

Amino Acids

- There are 20 different amino acids
- Amino acids fall into 2 categories:
 - 9 Essential amino acids. These are required for normal body functioning, but they cannot be made by the body and must be obtained from food.
 - 11 Nonessential amino acids which can be made by the body from essential amino acids consumed in food or in the normal breakdown of body proteins.

Protein Sources

- Sources of protein include meat products (hamburger, fish, chicken), dairy products (cheese, milk, yogurt, cottage cheese), eggs, tofu, lentils, and soymilk.
- Eating **complete protein** (a protein that contains all amino acids) will help ensure that you do not become deficient in essential amino acids. Complete proteins include meat, poultry, fish, dairy, eggs, and soy (a non-animal source).
- Nuts, grains, fruits, and vegetables are typically incomplete. This is why it is important for vegetarians to be aware of which non-animal products they eat so they can be sure they eat all essential amino acids throughout a day.

What does Protein do?

- Protein provides calories, or “energy,” for the body. Each gram of protein provides 4 calories.
- It is a component of every cell in the human body and is necessary for proper growth and development, especially during childhood, adolescence, and pregnancy.
- Protein helps your body build and repair cells and body tissue.
- Protein is a major part of your skin, hair, nails, muscle, bone, and internal organs.
- Protein is important for many body processes, such as blood clotting, fluid balance, immune response, vision, and production of hormones and enzymes
- Protein foods are also important sources of vitamins and minerals such as B vitamins (for example, niacin, riboflavin, vitamin B6, and vitamin B12), choline, copper, iron, phosphorus, selenium, vitamin D, E, and zinc.
- Choose a variety of nutrient-dense protein foods, such as beans and peas, eggs, fat-free (skim) or low-fat (1%) dairy products, lean meats and poultry, seafood, soy products, and unsalted nuts and seeds.

Recommendations

- Choose a variety of nutrient-dense protein foods, such as beans and peas, eggs, fat-free (skim) or low-fat (1%) dairy products, lean meats and poultry, seafood, soy products, and unsalted nuts and seeds
- Choose seafood and plant sources of protein (such as beans and peas, soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- Choose fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt) or fortified soy beverages over regular/full-fat (whole) dairy products.
- Select fresh meats, poultry, and seafood, rather than processed varieties. Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

www.petalumapeople.org **707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.

Prepared for you by Jessica Sherwood

Source: <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Protein.pdf>
https://www.myfooddiary.com/Resources/nutrient_facts/nutrient_protein.asp