

PROTEIN

USED FOR GROWTH AND REPAIR OF BODY TISSUES.
FOR HORMONES AND ENZYMES.



Food sources

Red and white meat, poultry, fish, dairy products, whole grains, soya products, beans, lentils, beansprouts, tofu, seeds like pumpkin and sunflower seeds, nuts like cashews and almonds and houmous.

Recommended daily allowance

Adults need 15% protein in their diet, children need more.

Functions

Proteins is used to make virtually everything in our bodies.

Used for growth and repair of body tissues.

For hormones and enzymes.

People who need more protein

Children as their bodies are growing.

People with high-stress lifestyles, as we use up more biochemicals like neurotransmitters and stress hormones.

Athletes need more to rebuild muscle tissue more rapidly as do people recovering from surgery.

People with an illness or chronic inflammation need more due to the demands on the immune system.