

Proteins: The Body's Central Building Blocks

Proteins are essential for building and maintaining body cells, such as muscles and organs. 20 amino acids are required to produce all proteins, with 9 being essential. They are important for hormone balance, immune system, and act as a secondary source of energy.

ANIMAL PROTEIN

Animal protein is similar to human protein, making it easy to process.

It includes white meat, fish, eggs, and dairy products like yogurt.

However, it contains unhealthy fats and cholesterol. Overconsumption can raise cholesterol levels and risk heart disease.

It's also less eco-friendly due to high water and energy consumption.



PLANT-BASED PROTEIN AND ALTERNATIVES

Plant-based protein include chia seeds, legumes (such as lentils, nuts, and hemp), and grains (including quinoa, oats, and millet). They tend to be rich in fiber, vitamins, and phytochemicals, but lack vitamin B12.

Plant-based alternatives to animal products include soy (soy milk and tofu), legumes (beans and peas), and nuts (peanuts, almonds, hazelnuts, and walnuts). Rapeseed is investigated as a possible substitute for soy.



CONSUMPTION RECOMMENDATION

- Protein is crucial and cannot be produced by the body.
- The daily intake should be 0.8g per kg of body weight, which can be increased to 1.5g for muscle growth.
- Protein sources should contain the 9 essential amino acids.
- A healthy balance between plant-based and animal protein sources is recommended. Choosing protein sources that have high bioavailability and essential amino acids can help the body's metabolism and maintain overall health.



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