Protein Complementarity: The Debate / 175

This amount of protein in the food becomes...

...this amount of protein for your body to use.

Figure 12. The Problem of a "Limiting Amino Acid"

Figure 13. What Is "NPU"?
Figure 15. Demonstrating Protein Complementarity

Key amino acids
BEANS alone
Level of amino acids in egg protein
EATEN TOGETHER
WHEAT alone

BEANS + WHEAT = COMPLEMENTARY PROTEIN COMBINATION

Figure 14. The Food/Protein Continuum

Quantity of Protein (Percent) Protein

Usability of Protein Net Protein Utilization

100

- Eggs

90

- Milk

80

- Fish

70

- Cheese

60

- Meat & Poultry

50

- Nuts & Seeds

40

- Soybeans

30

- Sunflower

20

- Sesame

10

- Walnuts

0

- Peanuts

- Peas

- Chickpeas

- Pinto Beans

- Lentils

- Oats

- Brown Rice

- Wheat

- Polished Rice

- Cornmeal

Source of Data: Department of Agriculture Handbook No. 8, 1968; and The Amino Acid Composition and Biological Value of Some Proteins.

Protein C

This discovery does put forth here. It has protein allowances.

Is Meat Necessary?

Those who insist on of meat as a protein soy and the high quality of as inferior on both co vegetable protein are rate categories. In fact thinking about protein rate to visualize animal tinnitus.

Figure 14, "The Food Continuum" you see the range of protein quantity, based on weight; and usability (Weights for grains an food.)

Quantity. When judging protein as the criteria clear, however, that their processed forms. protein. Next come c which is 36 percent pre 20 and 35 percent. Cx between 5 and 10 perce you, eggs, milk, and y are, of course, other that contain too little (We are concerned he used as sources of pro.

Warning: this quant
Complementary Protein Relationships

Protein for example, can indeed be found in many different foods. It is estimated that one gram of protein actually usable by the body is provided by one gram of protein. This is true for the two together, these two nutrients are complementary.

A summary of the complementary protein relationships is shown in Figure 16. This chart illustrates the interactions of various combinations of protein sources and how they can be used to create balanced meals. The diagram includes examples of how different food items can be combined to enhance protein intake.