

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

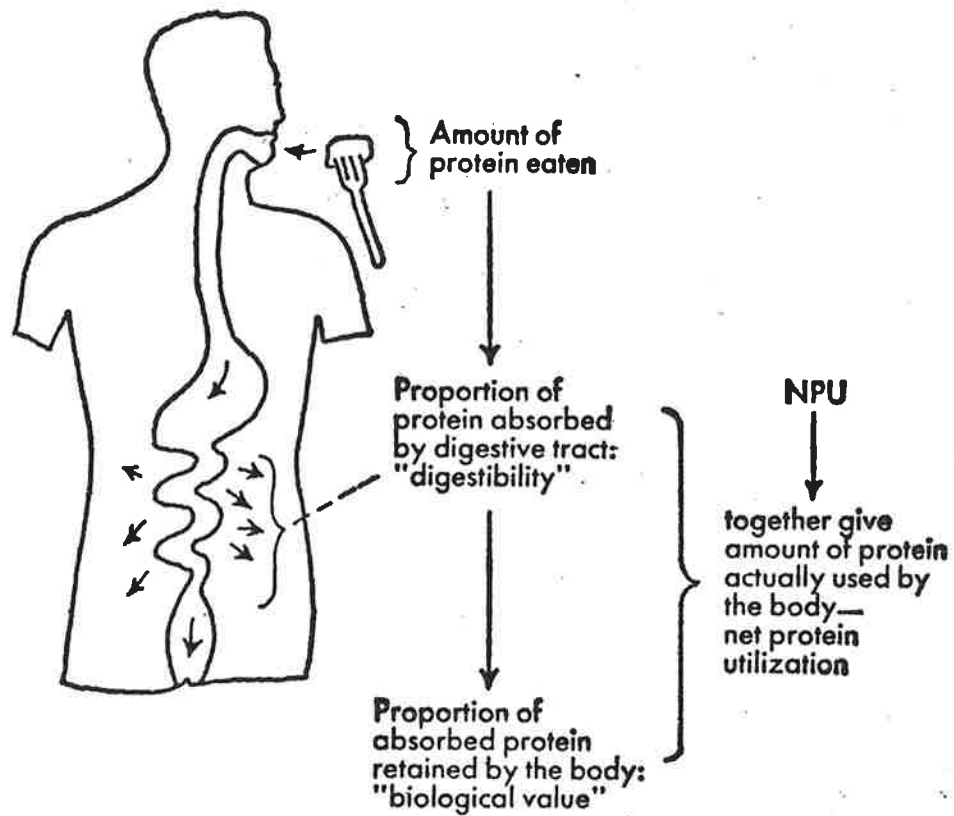
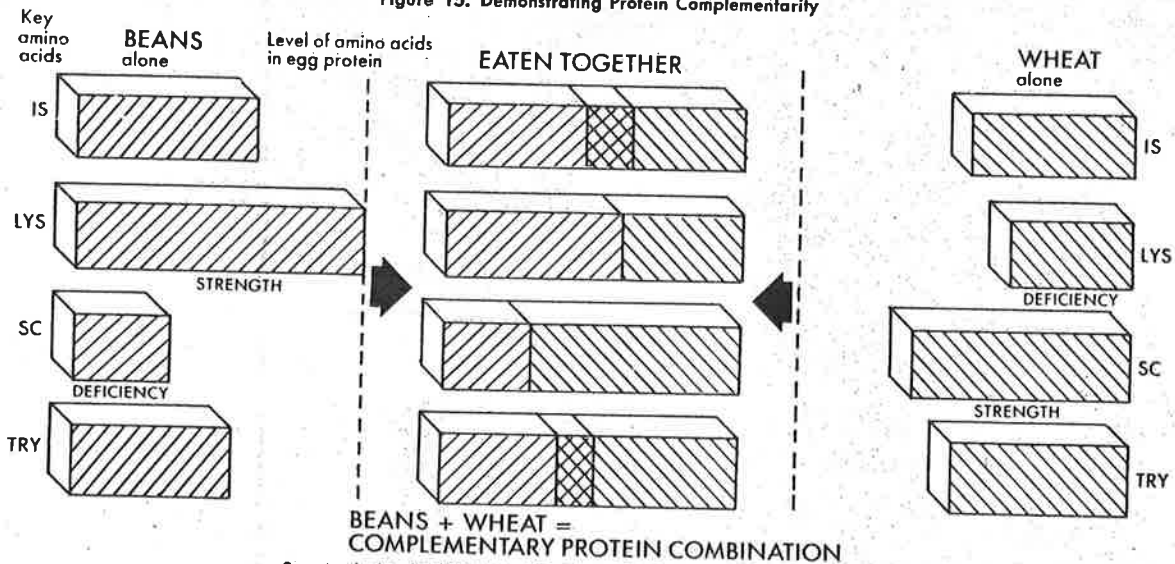


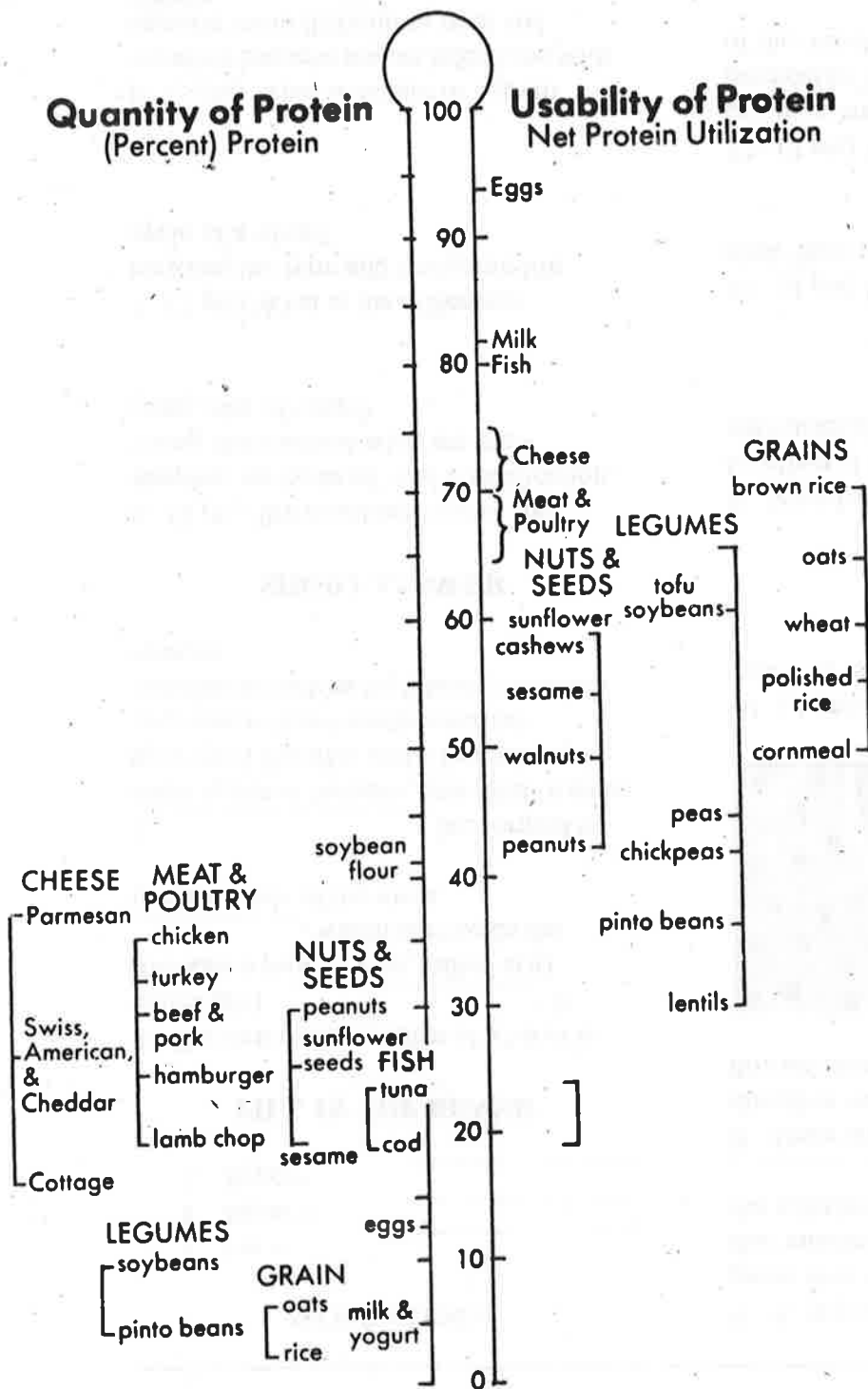
Figure 13. What is "NPU"?

Figure 15. Demonstrating Protein Complementarity



Source: *Amino Acid Content of Foods and Biological Data on Proteins*,
Food and Agricultural Organization of the U.N., Rome, 1970.

Figure 14. The Food/Protein Continuum



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 source and the high quality of as inferior on both cost vegetable protein are rate categories. In fact thinking about protein rate to visualize animal tinuum.

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

Quantity. When judging protein as the criterion clear, however, that in their processed forms. protein. Next come cereals which is 36 percent protein 20 and 35 percent. Cereals between 5 and 10 percent you, eggs, milk, and yogurt are, of course, other proteins that contain too little protein (We are concerned here used as sources of protein)

Warning: this quantity

FAO, Rome. Courtesy of Dr. Education, Teachers College, 1971 edition of Diet for a

visited

for example, can in-
tein actually usable by
see why. It shows the
ten deficient in plant
and wheat are shown
o acid content as com-
he two together, these

plementary Protein Rela-
nations of foods whose
The dishes listed are
ost endless possibilities
e protein tables are in

r a Small Planet, many
y necessary to eat com-
eal, as I implied. They
mental evidence suggests
wn after several hours if
ent. "If a diet lacks only
provided several hours
s falls," says a National
would seem that unless
, the only way to ensure
complementary proteins

evidence of an "amino
r any deficiencies in the
e eat. Nasset's work has
at eating complementary
ost nutritionists disagree
theory "has been ques-
d the results presented so
, reports a 1978 study.³
T's Nevin Scrimshaw, a

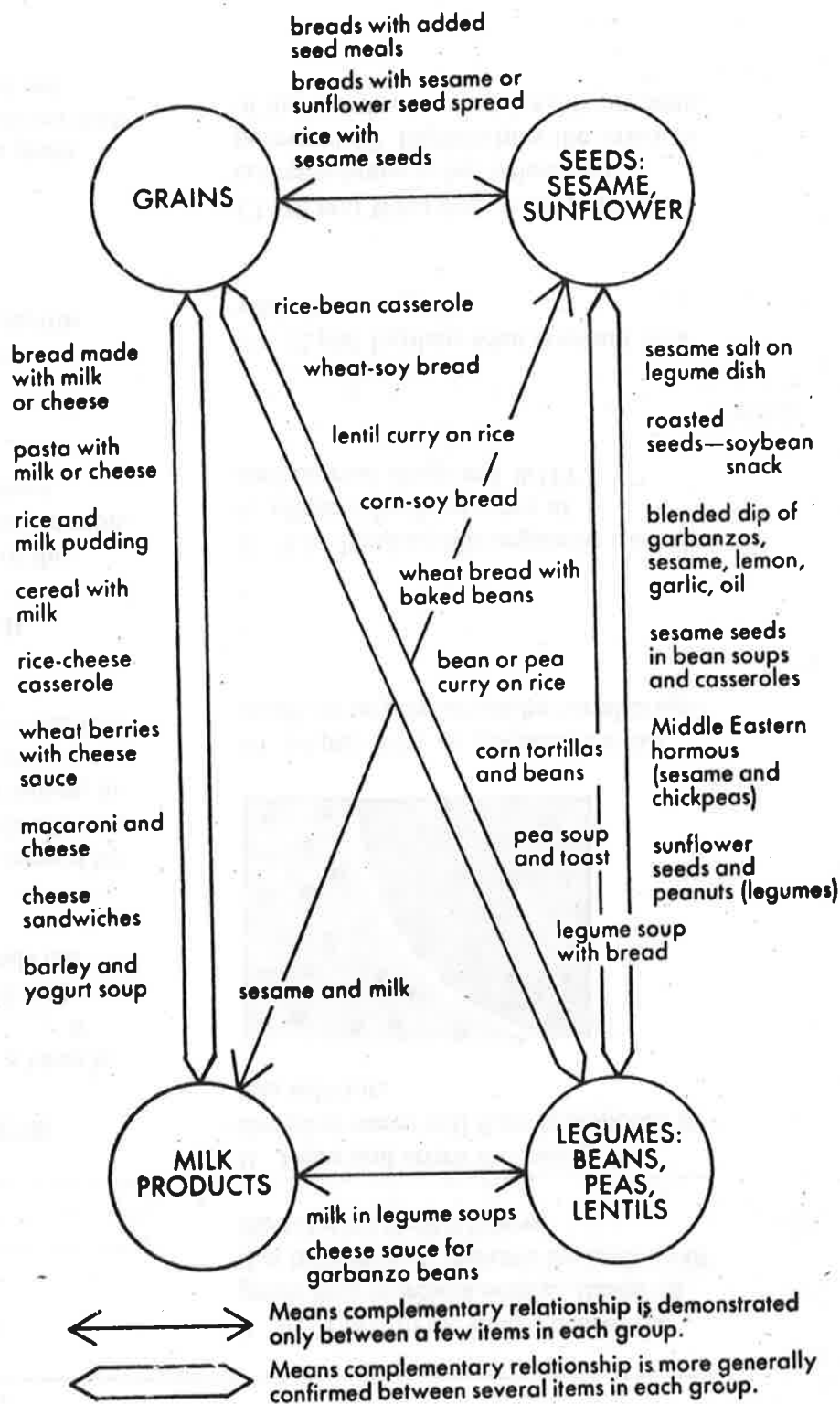


Figure 16. Summary of Complementary Protein Relationships