

Protein food- The Ultimate Nutrition Guide for Women.

by Leslie Beck



It's important to be meeting your daily requirement for protein. Dietary protein is needed by the body to build muscle tissue, enzymes, hormones and immune compounds. A diet that's chronically low in protein can weaken the immune system, making you more susceptible to infection. If you're looking for results in the gym, an optimal protein intake is important for building and repairing muscle

tissue.

Complementary proteins

Vegetarians who eat no animal protein foods must be sure to "complement" their protein foods. By combining two or more vegetarian protein foods so that the essential amino

acid missing from one is supplied by the other, vegetarians are able to get all the essential amino acids in their diet. Examples of complementary proteins include beans and rice, peanut butter and whole-wheat bread, and tofu with vegetables and rice. It was once thought that vegetarians had to complement protein foods at every single meal. We now know that if vegetarians eat variety of protein foods over the course of the day they can fill all their body's needs for amino acids.

Women at risk for protein deficiency include:

- Those who live alone and don't often cook meat, chicken or fish.
- Those who frequently grab quick meals during the day-bagels, pasta, low-fat frozen dinners.
- Vegetarians who do not eat animal foods, but do not regularly incorporate high quality vegetable protein sources into their diet.
- Those who engage in heavy exercise and fall into any of the above categories.