**Ch. 7 Protein: The Body’s Building Block** p. 158-172

**What is Protein?**

Protein:

Amino Acids:

Denaturation:

-

**Types of Amino Acids**

-

Dispensable Amino Acids:

Indispensible Amino Acids:

**Proteins in the Body**

**-**

**Functions of Proteins**

* ***Build and Maintain Tissue***

***-***

* ***Make Important Compounds***

***-***

Antibodies:

* ***Regulate Mineral and Fluid Balance***

***-***

* ***Maintain Acid Base Balance***

Acid Base Balance:

Buffer:

* ***Carry Vital substances***

***-***

* ***Provide Energy***

***-***

**Food Sources of Protein**

**-**

**Animal Sources of Protein**

**-**

**-**

**Plant Sources of Protein**

**-**

Legumes:

***Vegetarianism***

Vegetarianism:

-

-

Complete Protein:

Incomplete Protein:

**Complementary Proteins**

Complementary Proteins:

-

-

**How Much Protein do you need?**

-

-

**Protein Intake Recommendations:**

**-**

**-**

**Do Athletes need more Protein?**

**-**

**-**

**Meeting the Protein RDA**

**-**

**-**

**The Risk off too little or too much Protein**

**-**

Nitrogen Balance:

**Protein Deficiency**

Deficiency Disease:

Protein-Energy Malnutrition (PEM):

Kwashiorkor:

Marasmus:

* **Excess Protein in Diet**

**-**

* ***Liver and Kidney Problems***

***-***

* ***Calcium Loss***
* ***-  
  Excess Body Fat***

***-***