

# Protein

How to mix and match plants for high quality protein

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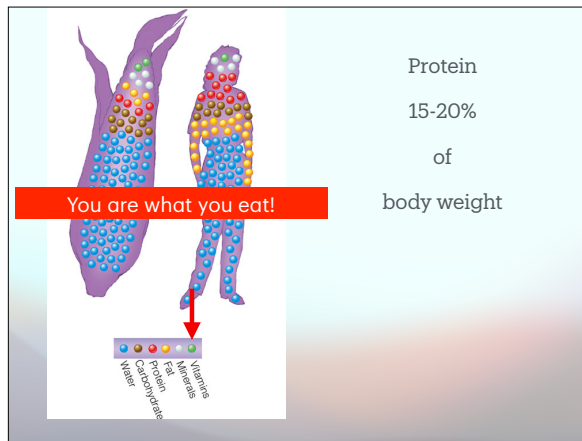
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Protein  
15-20%  
of  
body weight

You are what you eat!

Nutrients  
Carbohydrates  
Fat  
Protein  
Vitamins

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## Proteins

- Growth and maintenance of all body tissues
- Blood and blood clotting
- Enzymes and hormones
- Neurotransmitters - brain function
- Melanin pigments - in skin (Tan)
- Body fluid balance
- Source of energy

### Requirements

- Average 0.8 g of protein per kg
  - 70 kg (154 lbs) = 56 g per day
- Very active/athletes/muscle builder = 1.2-2 g per kg
  - 70 kg (154 lbs) = 84 g — 140 g per day



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## Stir Fry's

### A great meal option

- Healthy — variety of nutrients from a variety of foods
- Versatile cooking method
- Locks in nutrients, colour, and flavour by cooking quickly with dry heat and minimal fat
- High nutrient retention— food cooks quickly with less nutrient losses
- Texture and flavour maintained
- 15 minutes — cooking time
- Weight management



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