

Nutrition  PROTEINS	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A03.04 01/1998-N Page 1 of 1
---------------------------	--

## TYPES

Protein can be found in most foods eaten every day, i.e., milk, eggs, cheese, meat, poultry, fish, cereals, vegetables. The building blocks of proteins are known as amino acids. There are a total of twenty-one amino acids. The body is capable of making twelve of the amino acids itself. The remaining nine must be obtained from the diet and have been dubbed, "essential".

### Incomplete

A protein source that does not contain all the essential amino acids is considered an incomplete protein. An example of an incomplete protein is dried beans. Fortunately, incomplete proteins can be combined and if together they supply all the essential amino acids they become a complete source of protein.

### Complete

A protein source that contains all the essential amino acids is considered a complete protein. An example of a complete protein is meat.

---

## FUNCTION

Proteins are the nutrients that are primarily responsible for repair and growth of the body. Proteins can also supply energy and are essential to a number of bodily processes.

---

## RDA

It is generally agreed that 0.8-1.0 grams of protein per kilogram of body weight is sufficient. There is a suggestion that athletes may have a slightly higher requirement, but the overwhelming majority of the literature suggests there is no additional requirement.