

SOLVE THE COMPLETE PROTEIN PUZZLE

Kellogg offers foods that provide complete protein which is essential to the body.



► Protein is made up of 20 basic building blocks, called amino acids. Our bodies can produce 11 of these amino acids on their own. The rest of the 9 amino acids must be consumed in our diet and are called essential amino acids.

A complete protein refers to a food that contains 9 essential amino acids in the recommended amounts.

► Because the body does not produce these essential amino acids, you must get them from food. Foods that provide you complete protein are a 1 stop shop, allowing you to get all the essential amino acids you need at one time from one food, rather than mixing and matching.

► Complete protein comes from animal foods, and soy and soy foods, the only plant-based sources.



Non Essential

can be produced in the body from essential amino acids

alanine	glutamic
arginine	glycine
asparagine	ornithine
aspartate	proline
cystine	serine
	tyrosine

Essential Acids

cannot be created in the body and must be consumed

histidine	phenylalanine
isoleucine	threonine
leucine	tryptophan
lysine	valine
methionine	



For more information, visit [KelloggsNutrition.com](https://www.kelloggsnutrition.com)