

What is Protein ?

Proteins have numerous benefits, and are **essential for growth and repair**. Skin, organs, muscles, hair and fingernails are all mainly protein materials. Proteins help to synthesize hormones (for example, insulin). Because disease-fighting antibodies are synthesized from protein, it is also **crucial to the immune system** .

Proteins should provide no more than 25% of total daily energy intake, with the remainder provided by lipids (15%) and carbohydrates (60%). Insufficient lipid (fat) and carbohydrate intake will cause the body to draw on its proteins for energy.

Protein-rich foods include meat, poultry, fish, seafood, eggs, milk and other dairy products, as well as legumes. Proteins are also found in smaller quantities in grains and grain products (wheat, rice and bread), while fats, fruit, vegetables and sugar contain virtually no protein.

On average, the human body requires about 1 gram of protein per kilogram of body weight each day. Adults need protein for repair, while children, adolescents and pregnant women need it to support growth and development