



Get to Know: Protein



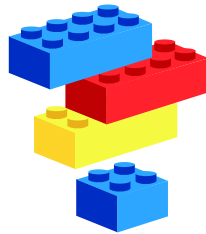
Ronald McDonald House Charities®
Greater Western Sydney

Protein, Carbohydrates & Fat make up the 3 main nutrients that provide us energy in our food & drinks. Lets Get to know: Protein

Protein is made up of amino acids, think of them as building blocks...

Amino Acids are just like Lego; creating distinct structures, each having a **unique & crucial** purpose role to our health.

There are **9 Essential** Amino Acids gained by our diet.



Proteins Many Roles Include:

- ✓ Defends against infections
- ✓ Clots blood when bleeding
- ✓ Gives structure to hair, nails, & skin



Protein's essential to **every cells** structure & function - not just muscle cells

Animal products offer high-quality protein...



...but plenty of **Plant-Based** sources are also excellent options!

More protein **doesn't mean your diet is healthier...**



While protein is crucial, consuming excess amounts won't necessarily lead to significant muscle gains.

When recommendations are exceeded, we mistakenly crowd out other, equally important nutrients - and we won't gain any additional benefits.

How do **vegans & vegetarians** get enough protein?

With **Complimentary Proteins**, all the essential amino acids can be gained daily!

Think of them as eating a wide variety of plant-sources (nuts, legumes, soy, seeds, grains) all combining to achieve a well-rounded & balanced diet

3 ways to make Protein part of your **healthy diet**



Choose Low Processed Proteins

Lean fresh meats, poultry, eggs, seafood & dairy with minimal additives



Enjoy Protein Rich Snacks

Greek Yoghurt, Cottage Cheese, nut spreads, overnight oats & so many more!



Enjoy Plant Proteins daily

Wholegrains (bread, pasta), Nuts, Legumes, Beans, Seeds & Green Leafy Vegetables