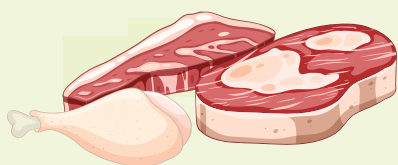


PROTEIN

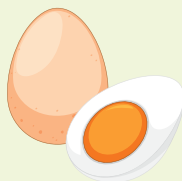


PROTEIN SOURCES WITH A COMPLETE PROFILE

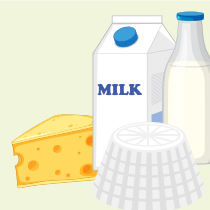
Meat, poultry, fish, seafood, eggs, milk, dairy products (e.g., cheese, yogurt), soy, quinoa.



MEAT



EGGS



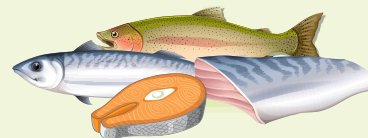
DAIRY PRODUCTS



QUINOA



SOYBEANS



FISH

COMPLEMENTARY PROTEIN SOURCES

Lentils, peas, beans (except soybeans), cereals (e.g., wheat, rice, oats, barley, rye, corn, sorghum), nuts, seeds.



DRIED FRUITS



SEEDS



CEREAL



BEANS AND LENTILS



SORGH

Protein quality depends on the amino acid profile and overall dietary pattern.
Plant proteins can provide all the essential amino acids when combined throughout the day.

