## SOLVE THE COMPLETE PROTEIN PUZZLE

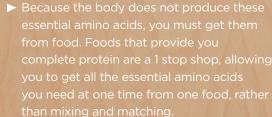
Kellogg offers foods that provide complete protein which is essential to the body.





▶ 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.



➤ 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