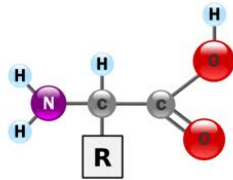


Protein

Proteins are nutrients found in both plants and animals.



➔ Proteins are made up of amino acids, which the body uses to build and fix itself.



➔ There are two types of proteins:
Complete proteins are made up of all the amino acids the body needs to survive.

Incomplete proteins are missing one or more of the amino acids the body needs to survive.