

DIETARY PROTEIN INFORMATION

Protein is essential for good health. It is the building blocks in which our bodies create themselves and without enough protein the body begins to malfunction, allowing disease to set in. In a non-pregnant state, the body requires about 50g of protein per day. Pregnant women need 80g-100g. Preeclampsia is a pregnancy disorder that some believe is due to low protein consumption during pregnancy. This condition is risky for both mother and baby. Proteins are divided into two general categories based on amino acid content.

Complete proteins are found from animal sources, including meat, cheese, eggs, and yogurt. Eggs are an excellent source of albumin. Albumin is the protein of the highest concentration in plasma. Albumin transports essential nutrients in the blood and helps prevent edema. Unsweetened or naturally sweetened yogurt provides probiotics, including acidophilus, to maintain healthy intestinal flora that strengthens the immune system. When choosing animal products for consumption, I recommend investigating local farms and grocers for sources of drug-free, free-range meat, free-range eggs (from chickens that eat bugs), and dairy products. Wild Alaskan salmon is a safe source of protein and omega-3s.

Incomplete proteins include grains, legumes and leafy greens. These must be eaten together to constitute a complete protein. Soybeans are the only vegan complete protein. Choosing local organic is the best, when available.

Please refer to a Protein Counter for more information about measuring protein intake.

Local Sources:

Alexander Farm 247-2455 (chicken, beef, eggs)

Boggy Creek Farm 926-4650 (eggs, fruits and vegetables)

One Girl Farm, Sheera Rexroad 940-4490

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