

## Protein

You'd likely be familiar with protein for building muscle and filling you up, but what you might not know is how and why. Protein is the major structural component of cells, and it is responsible for building and repairing tissues in the body. When consumed as food, protein is broken down into **amino acids**, which are then used as building blocks for protein in the body. Nine out of the 20 amino acids are **essential amino acids**, because they need to be provided through food and cannot be synthesized in the body. Protein is provided from both animal and plant sources, including meat, eggs, dairy, beans, soy, nuts and legumes. Up to 35 per cent of your daily calorie intake should be lean protein.

