

Proteins (Energy source of 4kcal per gram)

Approx 20 amino acids combined to form protein

- Some amino acids are made by the body others need to be consumed
- Protein is needed to repair/regenerate body tissue and cells
- Protein is needed for a healthy immune
- Protein helps with the manufacturing of hormones

Good sources of protein include

Beans, legumes, hemp seeds, chia seeds, flax seeds, unsalted nuts, quinoa, avocado, beets, kale and spinach

