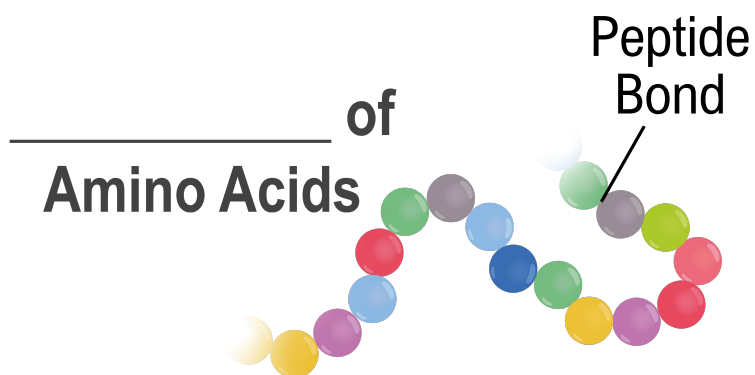


## TOPIC: INTRODUCTION TO PROTEINS

### What are Proteins?

- ◆ **Proteins:** functionally *diverse* class of molecules made of  $\geq 1$  chain(s) of \_\_\_\_\_ acids (AAs).
  - Proteins typically have 50-10,000 amino acids joined together by \_\_\_\_\_ bonds.
- ◆ Dietary proteins are used to 1) build new proteins, 2) build other N-containing molecules, or 3) provide energy.
  - Unlike carbs & lipids, proteins are a source of \_\_\_\_\_ (N).
- ◆ Common protein sources: \_\_\_\_\_/poultry/seafood, dairy products, whole grains, legumes, & nuts/seeds.



### PRACTICE

Which of the following statements is true?

- a) Since proteins are required for many functions in the body, you should maximize your protein intake.
- b) Proteins have a similar chemical structure to lipids.
- c) Proteins are composed of long chains of molecules called nucleic acids.
- d) The only reason you need protein is to build large, strong muscles.
- e) Proteins are an important source of nitrogen in our diet.

### PRACTICE

Which of the following is NOT a good source of protein?

- a) Tiger shrimp.
- b) Almonds.
- c) Cucumber.
- d) Yogurt.