

## Complementary Protein Relationships for Vegetarian or Vegan Diets

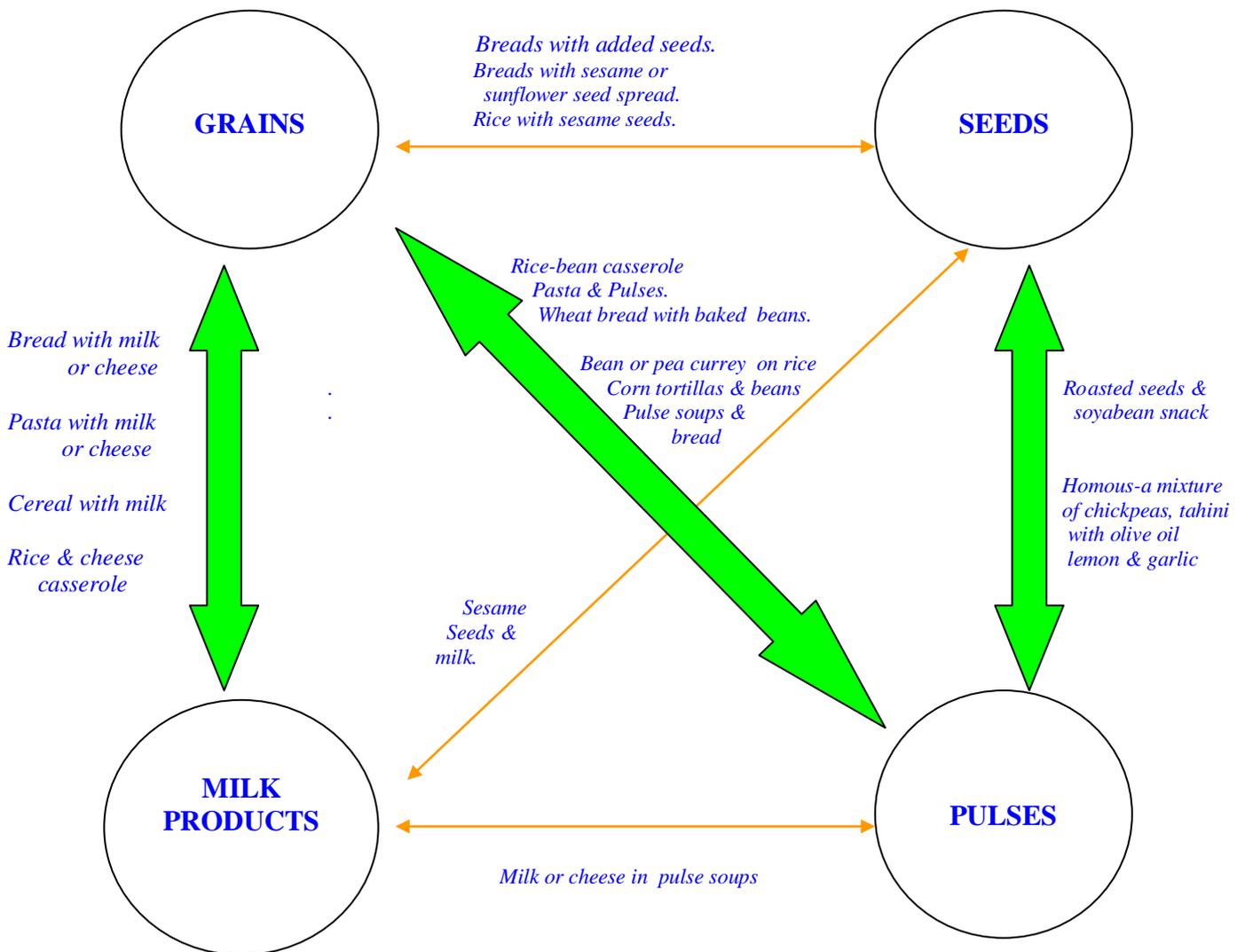
The body makes its own protein from amino acids. Most of these amino acids can be manufactured in the body, however there are 9 essential amino acids that are not. These 9 amino acids have to be taken in the right proportion at the right time so they may be used efficiently to make protein.

Each of the food groups below contain different proportions of the 9 amino acids.

Combining the food groups as shown will ensure the body has all the ingredients it needs to make protein. **It is very important to do this on a vegetarian or vegan diet.**

The means that combining these together you will get a very good balance of amino acids.

The means you will still get all 9 amino acids but the protein balance will not be as good.



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| <p><b>PULSES – cooked or sprouted</b></p> <p>Soybeans<br/> Mung beans<br/> Lima beans<br/> Lentils<br/> Red kidney beans<br/> Chick Peas etc<br/> Peanuts</p> | <p><b>SEEDS - Raw or sprouted</b></p> <p>Sunflower<br/> Alfalfa<br/> Sesame<br/> Tahini is ground sesame seeds<br/> It can be used to thicken<br/> Soups or used as a spread<br/> instead of butter.<br/> Pumpkin seeds</p> | <p><b>GRAINS</b></p> <p>Wheat<br/> Rice<br/> Rye<br/> Millet<br/> Corn/ Maize<br/> Oats<br/> Barley<br/> Buckwheat<br/> Spelt<br/> Quinoa</p> | <p><b>COMPLETE PROTEIN</b><br/> ( 9 amino acids are already in balance)</p> <p><b>NUTS</b></p> <p>Almonds<br/> Hazelnuts<br/> Brazil nuts<br/> Pecans<br/> Walnuts<br/> Cashews<br/> <b>Note NOT PEANUTS</b><br/> Eggs</p> |
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