

COMPLEMENTARY PROTEINS

Proteins are made from small “building blocks” called amino acids. There are 8 essential amino acids which must be obtained from the diet. Animal foods such as meat, fish, poultry, dairy products, and eggs, contain all 8 essential amino acids in one food. That makes them a “complete protein.” Plant foods don’t contain all 8 essential amino acids in one food, but with complementary combining, a complete protein can be formed. Complements can be eaten over the course of the day. It is not “required” that they are eaten at the same meal. The following are combinations that result in a complete protein.

Note: Legumes are dried beans and peas such as kidney, garbanzo, pinto, navy, and black beans, as well as lentils and split peas.

 **GRAINS & LEGUMES**

 Millet and Beans Aduki beans and soba noodles

 Rice and Lentil Curry Rice Crackers and Split Pea Soup

 Rice Tortillas and Pinto Beans Rice and Bean Casserole

 **NUTS/SEEDS & LEGUMES**

 Humus (blended sesame tahini and garbanzo beans)

 Sunflower seeds mixed into bean chili

 Sesame seeds on any bean dish

 Nuts with any bean dish