

protein

M H I N J J W Q Q G P G K P O T A S S I U M N F
 S I S J G G B L U R R N E P A F S C M T R I R C
 D G N N H U D T I D A G L H P T G A K I E S P I
 I P L E I Y I Q A B G A G W A Y R C X T L L J N
 C R F M R E N S U S N C W E O A S V O C Y K U C
 A O N E G A T Y A T F F M J S E N R L Q B A X O
 O T T M Y T L O S D J X A M N R P D E L G N R M
 N E F B Q M V O R S Q N U O K E H A G F L I O P
 I I D R R H U J E P T S M L T S F K U F O M K L
 M N E A L R W M F I Y R N E P I H J M Y B A R E
 A D N N C M Y P B L O R L I U N G T E Z U L O T
 L E B E H Z E O U H U P A Z E I H S S F L S I E
 A F S S N D D P E T M I F T W T S F I P A O H P
 I I B E D I I W M O Z E D K N Z O H Y O R U S R
 T C L E E Z M P C X Q Q P B A E K R R P W R A O
 N I H S D I C A O N I M A N A S M O P R B C W T
 E E J E R U C A L O R I E S T L N E L A M E K E
 S N M L E N G P F O Q P W U L A A I L D I S C I
 S C J N L S Y W N C X H C P S Q K N E P S D H N
 E Y P R O T E I N S Y N T H E S I S C T M X O S
 N U M Q B V M U S C L E S N Z Y V G D E O O B A
 O T I S S U E Y D X A T N E I R T U N P P R C Z
 N D S D I C A O N I M A L A I T N E S S E R P O
 P B T K V L I P O P R O T E I N S Y O G U R T Z

NONESSENTIALAMINOACIDS
 PROTEIN SYNTHESIS
 FLUIDBALANCE
 AMINOACIDS
 CALORIES
 NUTRIENT
 MINERAL
 TISSUE
 MILK

COMPLEMENTARYPROTEINS
 PROTEINDEFICIENCY
 LIPOPROTEINS
 ANTIBODIES
 GLOBULAR
 PROTEINS
 MUSCLES
 YOGURT
 CHO

ESSENTIALAMINOACIDS
 COMPLETEPROTEIN
 PLANTSOURCES
 MEMBRANES
 HORMONES
 ENZYMES
 Protein
 MEATS
 PEM

INCOMPLETEPROTEINS
 ANIMALSOURCES
 KWASHIORKOR
 POTASSIUM
 MARASMUS
 LEGUMES
 CHEESE
 EGGS
 RDA