



## Do You Know About Amino Acids?

**What on Earth is an Amino Acid? Simply put, they are organic compounds that are created when protein is digested. But it doesn't end there. Your body needs a variety of amino acids to function properly. Your body makes some of these amino acids by itself, but a lot of them must come from the food we eat! The amino acids that need to be included in our diets are called "essential amino acids". There are other amino acids called "nonessential amino acids", but they aren't any less important. You just don't have to find them in food because your body makes them for you! In order to get your essential amino acids, you have to include plenty of protein in your diet, especially since your body does not store the amino acids you consume!**

### Here are some more amazing facts about Amino Acids...

- Amino acids can combine to create thousands of different kinds of proteins!
- Amino acids are the "building blocks" of proteins, and humans cannot live without protein!
- Amino acids are needed by every system in your body!
- Amino acids can form antibodies that fight infections and viruses, and are believed to help the immune system function properly!
- Because the most complete amino acids come from eating meat, vegetarians must select their food choices carefully so they get the right amino acids in their diet!

**Because protein and amino acid are so important for your body, you should make sure you are eating plenty of protein-rich foods every day!**

### Where can you get Amino Acids?

- Fish
- White-Meat Poultry (chicken and turkey)
- Dairy Products (milk, cheese and yogurt for example)
- Beans
- Lean Beef
- Peanuts
- Soy
- Pork Tenderloin

