

- Protein folder
 - major topic
 - Nitrogen, Proteins
 - N critical for amino acids and nucleic acids
 - atmosphere has lots of N₂
 - Not made by plants nor animals
 - Americans eat meat for protein at environmental expense
 - vegetarians get protein needed w/o meat
 - how can we use our protein composition to make informed decision?
 - Might just update the references from now on, since I don't have time for the regroup and digestion.
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