

- Protein folder
    - major topic
  - Nitrogen, Proteins
    - N critical for amino acids and nucleic acids
    - atmosphere has lots of  $N_2$
    - 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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