

Assignment 6B PROTEIN PED 161.003 Due Monday Oct 24

Answer the following questions from textbook Chapter 4. Please TYPE your answers.

1. Name 3 functions of protein highlighted in your text. Briefly discuss each one (2 or 3 sentences) - pg 89 - 90
2. Discuss the protein-sparing affect of eating enough carbohydrates (see pg 90 under Protein for energy).
3. What is the acceptable nutrient distribution % for protein (pg 90).
4. How much protein (minimal needs) does an adult need (>19years). Calculate your protein needs based on grams per kg (see pg 91).
5. Define: (pg 88 - 89 and pg 92 - 92)
 - a. Essential AA
 - b. Non-essential AA
 - c. Complete Protein
 - d. Complementary proteins
6. What does the text say about protein and weight management - does a high protein diet help you lose weight?