



Protein

Foods High in Protein

fish	meat	eggs
pulses	beans	milk
cheese		

Our bodies use protein **for building new cells and tissues for growth and repair**. Proteins are made up of molecules called amino acids. There are 20 different types of amino acids, nine of which are essential amino acids that you can only get through your diet. Amino acids are also used to make enzymes, hormones and antibodies in our bodies.

Foods Tests

Biuret Test:

- Add a few drops of blue Biuret reagent to the food in a test tube.
- Gently shake the mixture.
- If protein is present, the solution turns lilac or purple.

Consequences of Imbalances in the Diet

A lack of protein can cause too much fluid in the body causing swelling under the skin (oedema) and an enlarged tummy. A person with protein deficiency may have poor growth, regular infections, cracked nails and brittle hair.

