

Importance of Protein and Its Source

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Introduction. Protein — natural organic substance composed of amino acids linked by peptide bonds. Proteins are the building blocks of all forms of life. The importance of proteins for the human bodies no less than the air. No wonder proteins are called proteins, which translated from Greek means "first".

Materials and methods. In order to explore proteins, we used the theoretical data from different sources.

Results and discussion. Proteins in human nutrition cannot be replaced by other nutrients. Proteins make up about 15% of the mass of the average person. Protein molecules are essential to us in an enormous variety of different ways. Much of the fabric of our body is constructed from protein molecules. Muscle, cartilage, ligaments, skin and hair - these are all mainly protein materials. In addition to these large scale structures that hold us together, smaller protein molecules play a vital role in keeping our body working properly. Hemoglobin, hormones, antibodies, and enzymes are all examples of these less obvious proteins. In addition, they regulate the rate of metabolism and catalyze the exchange of products, the significant role of proteins in the nervous system. The shortage of protein in the human diet over time leads to a decrease in concentration and efficiency. Proteins are made interchangeable (80 %) and essential (20 %) of amino acids. Essential amino acids can be synthesized in the human body, and essential come from food. Sources of protein in the diet are foods of animal and vegetable origin. Particularly important animal proteins, as they contain a large number of essential amino acids. The most optimal ratio of amino acids observed in meat, eggs, milk and fish. In addition, complete proteins of animal origin is much better absorbed by the body. Some plant foods are also rich in complete proteins: beans, lentils, soybeans, potato, rice, buckwheat, oatmeal, and nuts. Since proteins of different origin contain individual amino acid, it is important that the body receives the entire set of necessary proteins. In the full diet should contain proteins of animal and vegetable origin. Moreover, animal proteins in the diet must be at least one-third of the menu.

Conclusions. Protein, highly complex substance that is present in all living organisms. Proteins are of great nutritional value and are directly involved in the chemical processes essential for life.

References

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