
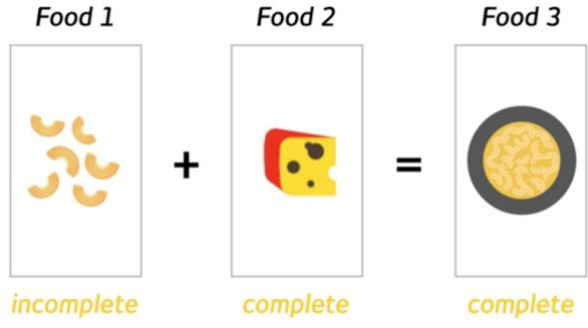
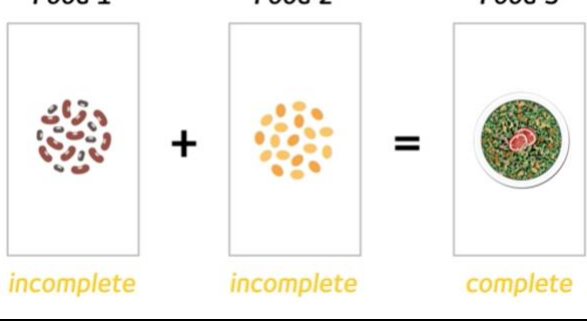
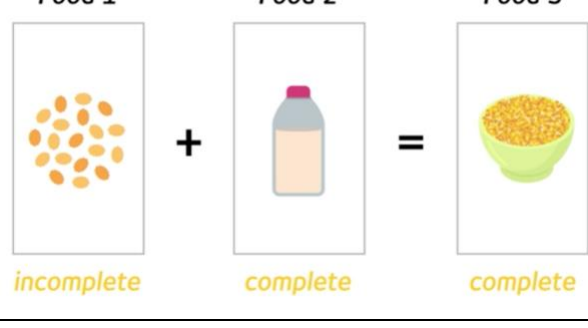
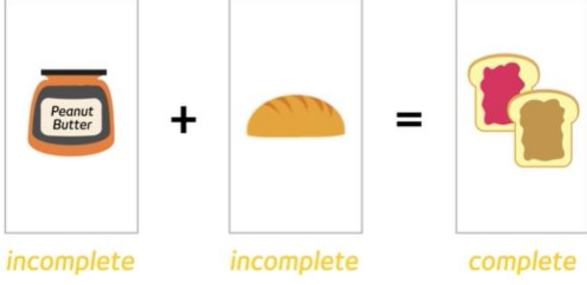



Tool: Meal-Planning Guide: Complete Proteins

A **complete protein** is a protein that contains all nine essential amino acids required by the human body. The quality of a protein is defined by how many of these essential amino acids it contains. While meats are often complete proteins on their own, there are ways to combine other foods to make complete proteins. *Complementing proteins* are two foods that, alone, are incomplete proteins, but can be combined to create a complete protein. *Supplementing proteins* combine one incomplete protein with a complete protein to elevate the profile of the incomplete protein. Use the table below for some ideas about how to incorporate complete proteins into your meals.

Complementing Proteins			Supplementing Proteins		
<p>Beans and Rice</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>incomplete</i> <i>complete</i></p>			<p>Macaroni and Cheese</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>complete</i> <i>complete</i></p>		
<p>Tabbouleh Salad (Beans and Grains)</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>incomplete</i> <i>complete</i></p>			<p>Cereal and Milk</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>complete</i> <i>complete</i></p>		
<p>Peanut Butter and Bread</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>incomplete</i> <i>complete</i></p>			<p>Stir Fry (Vegetables and Meat)</p> <p>Food 1 Food 2 Food 3</p>  <p><i>incomplete</i> <i>complete</i> <i>complete</i></p>		