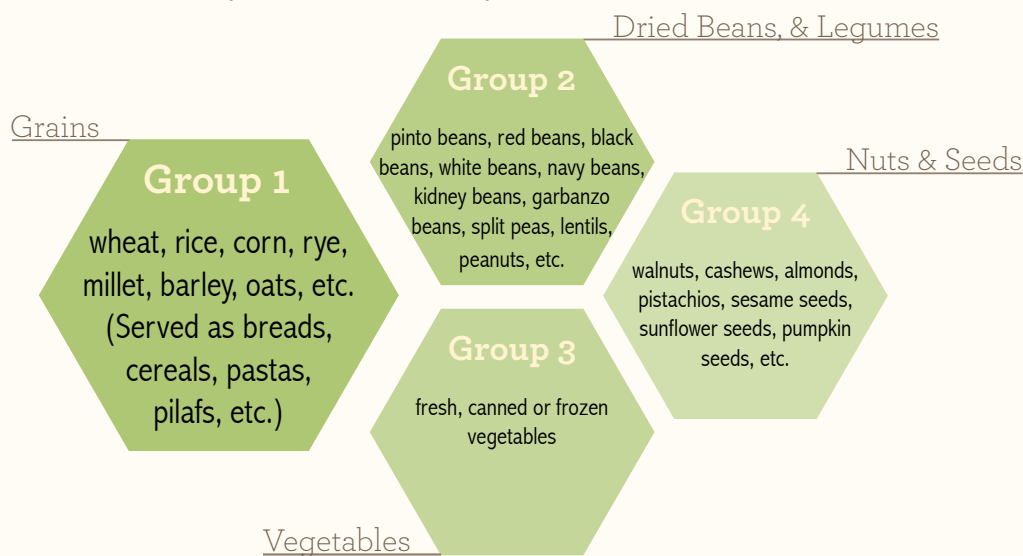


COMPLETE PROTEINS

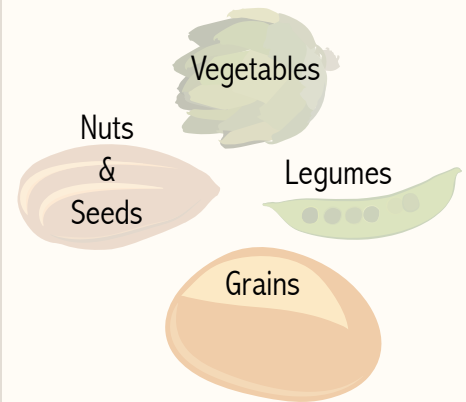
Missing in Diet	Key Nutrients Missing	Substitutions
meat, fish, poultry	protein, thiamine, iron, zinc, vitamin B-12, folate	dairy products, eggs, grains, legumes, nuts, seeds, fortified soy milk
dairy products	protein, calcium, riboflavin, vitamins A, D, B-12	dark green vegetables, legumes, nuts, seeds, fortified soy milk
grains	protein, thiamine, niacin, riboflavin	dairy products, legumes
legumes	protein, calcium, iron, zinc	grains, dairy products
fruits	vitamins A, C	grains, vegetables
vegetables	protein, vitamins A, C	fruits, grains, legumes

How To Complete Proteins

Combine Group 1 foods with Groups 2, 3, or 4.



Protein Complements



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