



Body-building foods

The body needs certain materials to make its various parts. These materials can be supplied by both animals and plants.

You need energy to keep going through the day, but you also need materials to build your body, to help you to grow and to replace any parts that get damaged or worn out.

The main substance you need for body-building is called **PROTEIN** (Picture 1).

► (Picture 1) You don't need to do weight training to build a normal, healthy body – it happens naturally when you eat foods with proteins in them.

Body-building with meat

Meat is packed with proteins. This is why you do not need to eat large amounts of meat to get the materials your body needs (Picture 2). The problem can be that, along with body-building protein, meat also contains too much energy-giving fat.

► (Picture 2) You only need to eat a small amount of meat to get all the body-building materials that you need for a day.

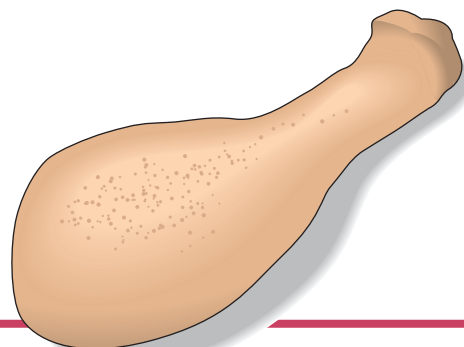


Body-building with vegetables

You may think that your body needs the flesh of animals to give it enough building materials. But this is not so. In fact, your body breaks down all the food it gets – meat or plant – into tiny 'building blocks' and rearranges them to build parts for your body. That is why you can get all the materials you need from plants. People who only eat plants and no meat are called **VEGETARIANS**.

Many plant seeds, such as beans and peas, contain the same proteins and body-building materials as meat (Picture 3). However, some varieties of plants, such as lentils, peanuts and soy beans, are particularly rich in body-building materials (Picture 4).

So you really do have a choice: meat or plants or both.





► (Picture 3)
This is a vegetarian meal from south Asia. Although the meal contains only vegetables and starch (rice), it provides plenty of proteins.

◄◄ (Picture 4) Some foods other than meat that contain large amounts of protein.



Cheese



Peanuts



Baked beans

Summary

- We need proteins to build and repair our bodies.
- Proteins can come from meat or from some plants.