

# Making Carbs Count

Aim for balance in your diet; I'm not advocating a vegan diet but I thought it might be helpful to learn the *basics* about getting protein into your diet with non-meat foods. Meats are a complete protein but so are **soy products, quinoa, fish and eggs**. The graph below is adapted from *Diet for a Small Planet*. I've found it helpful to keep it in my kitchen so we could make sure we ate complete proteins. There are 33 amino acids in a protein molecule. If you want to be sure you are getting **complete proteins**, eat those connected by solid lines since they COMPLEMENT each other. Examples are a grilled cheese sandwich (grain and dairy) or Barley Lentil Stew (grains and legumes). Always try to eat something from the complementary box: yogurt with granola, peanut butter on whole wheat toast, etc.. The **dashed lines** indicate SUPPLEMENTARY foods (i.e. they contain SOME of the amino acids from protein molecules but are not complete proteins). Good, but not complete proteins.

