



1. Lucky Star Pilchards are a high source of protein

Plants get their energy from exposure to the sun - we get ours from eating. Food is composed of three basic nutrients: proteins, carbohydrates and fats, as well as vitamins and minerals that we need to maintain the cells and the chemical processes that go on in our bodies.

What are proteins?

Proteins are composed of amino acids. Our bodies can produce some of these for themselves but others that we must have cannot be made by the body. They are called essential amino acids and are vital for good health.

Proteins are the vital building blocks of the body. They form the main structures of our body. We need them for growth, body building and for repairing worn out or damaged tissues, especially bone cartilage and muscle. They also give us a certain amount of energy.

How much protein should we have a day?

Doctors recommend 70 grams per day.

A growing child who does not yet enough protein will suffer from a disease called kwashiorkor: growth is retarded and the child is weak and lacking any energy. Infants and children need extra protein and so do pregnant women and nursing mothers.

Which are the best proteins for our body?

Animal proteins are by far - plant proteins much less so. The best sources of protein are cheese, eggs, fish, meat and milk. These foods are called complete proteins.

Why fish rather than meat?

The prime protein in fish is much more easily digested than that in meat and it is much cheaper.

Daily diet: Food containing proteins should be included in the daily diet because the body cannot store proteins for later use. The body, in fact, converts excess proteins into fats and carbohydrates, two other essential foods.

Potential damage: If the body does not receive enough proteins from the food eaten, it uses proteins from the cells of liver and muscle tissues. However, continued use of such proteins by the body can permanently damage those tissues.

