



NatraColl Health

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Protein Combining

Protein is an essential part of our diet and should be included in every meal. It provides the amino acids your body needs for vital functions, including neurotransmitter production, and plays an important role in supporting energy metabolism and the breakdown of food.

A simple guideline is to include a palm-sized portion (based on your own hand) of protein at each meal. This can come from animal sources such as meat or eggs, or from plant-based options like whole grains, nuts and seeds, and legumes.

Meat and eggs are considered complete proteins, meaning they contain all essential amino acids.

Plant-based proteins—such as whole grains, nuts/seeds, and legumes—are typically incomplete on their own and need to be combined to form a complete protein.

To create a complete protein with plant foods, choose one protein source from any two of the three groups listed over the page and include them together in a meal.

Examples of effective protein combinations:

- Chickpea hummus with brown rice crackers
- Stir-fried vegetables with cashew nuts and rice noodles
- Mexican bean chilli with steamed millet
- Beans on wholegrain toast



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Whole grains	Nuts and seeds	Legumes
Brown rice	Sunflower seeds	Chickpeas
Barley	Sesame Seeds	Lentils
Corn	Pumpkin Seeds	Peas
Millet	Almonds	Black Beans
Amaranth	Cashews	Black eye Beans
	Nut Butter	Cannellini Beans
	Seed Sprouts	Borlotti Beans
	Tahini	Bean sprouts