

Hello,
I'm protein.

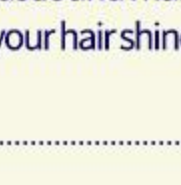
The Hot Knowledge of Nutrients

Protein: The Chief Nutrient

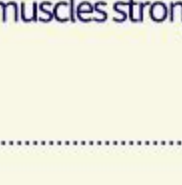


Protein, as a macronutrient fundamental to the health of the human body, is a crucial nutrient that cannot be overlooked.

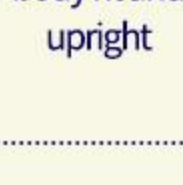
Sufficient intake of protein



Keep your skin elastic and make your hair shine



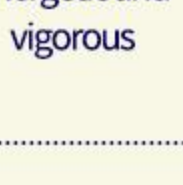
Keep your muscles strong



Make your body fit and upright



Enhance immunity



Make you energetic and vigorous

How much protein do we need?

Recommended Daily Intake:

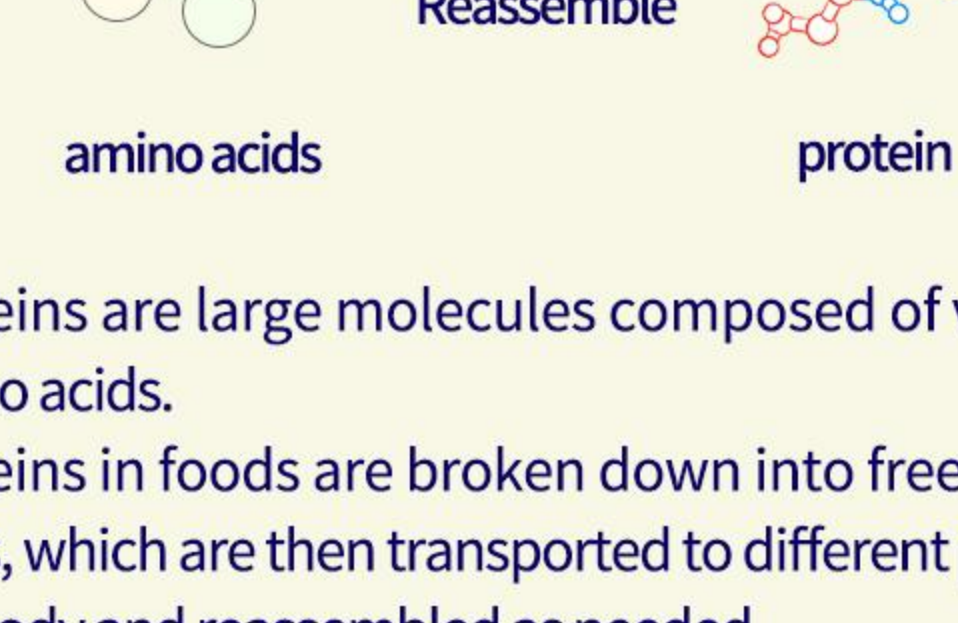
1 gram of protein per kilogram of body weight.

* Source: the Malaysian Recommended Nutrient Intake (RNI) 2017

* The minimum amount of protein required for the body varies and depends on many factors



Understanding the criteria for high-quality protein and choosing the best sources for your daily diet.



Proteins are large molecules composed of various amino acids.

Proteins in foods are broken down into free amino acids, which are then transported to different parts of the body and reassembled as needed.

Two essential criteria for high-quality protein

01

A complete spectrum of essential amino acids

Containing all 9 essential amino acids that can't be synthesised by human cells

02

The ratio of essential amino acids needs to be balanced and appropriate

The closer the composition of essential amino acids in a protein is to the composition required by the human body, the more easily the protein can be absorbed and utilized.

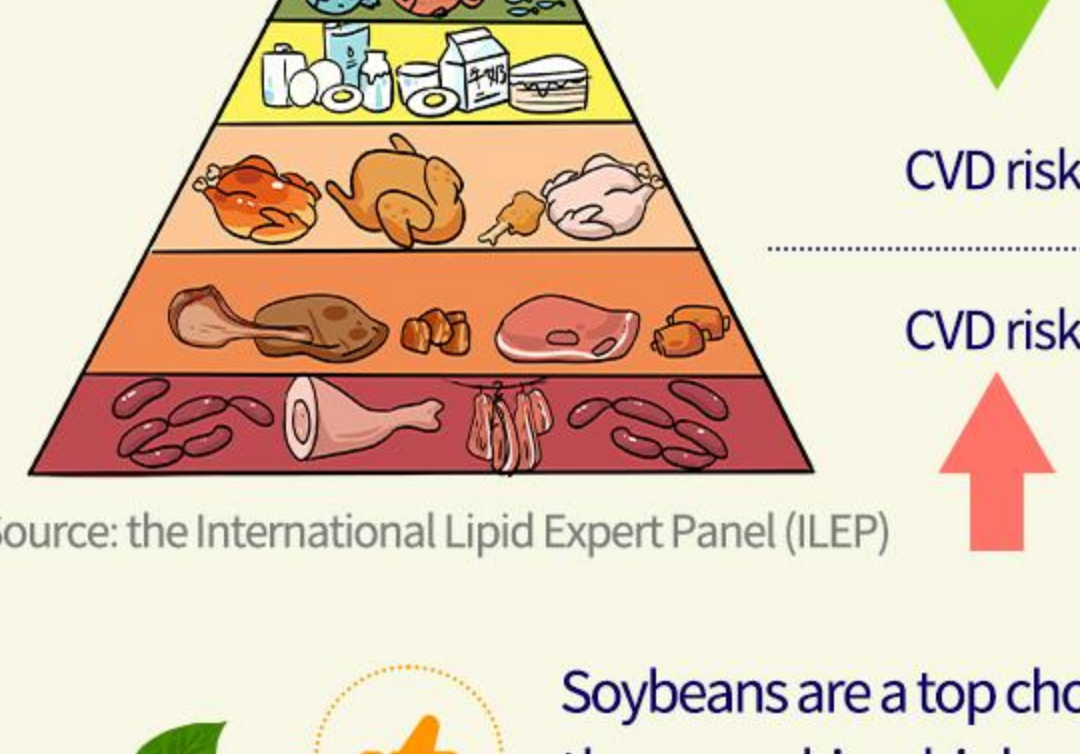


Understanding the ranking of high-quality proteins for optimal selection.

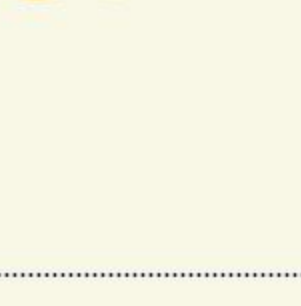
Did you know?

High-quality proteins can vary in their level of quality.

Protein Source Pyramid



Source: the International Lipid Expert Panel (ILEP)



Soybeans are a top choice for those seeking high-quality protein that does not contain cholesterol or saturated fat.



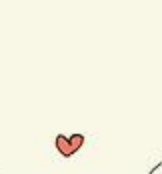
Especially the soy protein isolate, its utilisation rate can reach up to 100%

Choosing plant-based proteins for a healthier life.

Daily energy intake

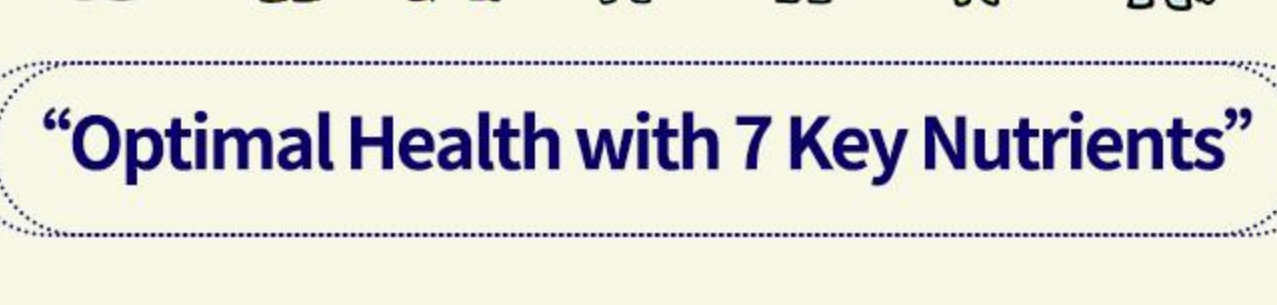


every 3% increase in plant-based protein intake (that's non-animal protein)



results in a 10% reduction in the risk of premature death.

Source: research from the National Cancer Institute in the United States



“Optimal Health with 7 Key Nutrients”