

COMPLIMENTARY PROTEINS

From: GML <greg@speakeasy.org>
Newsgroups: misc.survivalism
Subject: Complimentary proteins
Date: Thu, 19 Dec 1996 15:17:00 -0800

Source: "The Mt.Sinai School of Medicine Complete Book of Nutrition"

GRAINS <-----> LEGUMES

wheat, rice, barley,	Dried beans (pinto, navy,
oats, cornmeal,	kidney, black, etc.)
millet, cracked wheat,	dried peas, lentils, chick
bulgur, rye	peas, soybeans, tofu,
	peanuts, peanut butter

Examples: Peanut butter sandwich; meatless bean chili and cornbread;
split pea or lentil soup and bread; rice-bean casserole; beans and
tortillas; hummus and whole wheat pita bread; middle eastern white bean
and bulgur salad; carrot-chickpea soup with whole wheat pistachio bread

LEGUMES <-----> NUTS AND SEEDS

dried beans, chick peas	pumpkin, sunflower and
lentils, dried peas, peanuts,	sesame
soybeans and soybean products	

Examples: Lentil salad sprinkled with sesame seeds; pea soup with
pumpkin seed topping; curried pumpkin-peanut soup with sunflower seeds

Complimentary_Proteins_2004.txt

GRAINS <-----> MILK PRODUCTS

barley, buckwheat, rice, cheese, milk, yogurt
cornmeal, oats,wheat, rye

Examples: cereal and milk; macaroni and cheese; rice pudding; seared polenta with summer vegetables; barley salad with bread-cheese kebabs

NUTS AND SEEDS <-----> GRAINS

sunflower, sesame, pumpkin rice,wheat,oats, barley
cornmeal,
buckwheat

Examples: bread with sesame seeds; rice with sesame seeds; breadsticks rolled in sesame seeds; soba noodle salad rolled in sesame seeds

NUTS AND SEEDS <----- > MILK PRODUCTS

sunflower,sesame,pumpkin cheese, milk, yogurt

Examples: cheese balls rolled in sesame seeds; milk with sunflower or pumpkin seeds; yogurt cheese flavored with sunflower seeds and dill

MILK PRODUCTS <-----> LEGUMES

cheese, milk, yogurt dried beans,chick peas,
lentils, dried peas,
peanuts, peanut butter

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Examples: peanut butter sandwich and milk, bean burrito with yogurt and cheddar; vegetarian chili with jalapeno cheddar; split-pea soup with mint yogurt

From: jkburnett@aol.com (JKBurnett)
Newsgroups: misc.survivalism
Subject: Re: Complimentary proteins
Date: 1 Jan 1997 19:56:01 GMT

Actually, the complimentary proteins doctrine has been disproved. So long as you eat a reasonable mix of foods, there is no need for the kind of intensive protein-matching that people once thought was necessary.

I have been a vegetarian for four years and have NEVER used protein matching and am perfectly healthy. On the other hand, if it turns out that protein matching IS necessary, is really nothing to worry about anyway, because the proteins to be matched are the traditional combinations of food (beans and rice, peanut butter sandwiches, etc.) JKB