

Complimentary\_Proteins\_2004.txt

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

LEGUMES      <-----> NUTS AND SEEDS

dried beans, chick peas lentils, dried peas, peanuts, soybeans and soybean products	pumpkin, sunflower and sesame
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Examples: Lentil salad sprinkled with sesame seeds; pea soup with  
pumpkin seed topping; curried pumpkin-peanut soup with sunflower seeds

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GRAINS <-----> MILK PRODUCTS

barley, buckwheat, rice,  
cornmeal, oats, wheat, rye

cheese, milk, yogurt

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  
buckwheat

rice, wheat, oats, barley  
cornmeal,

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