

## What are Biological Value Proteins?

Proteins are essential nutrients that our bodies need to function properly. They are made up of building blocks called amino acids. These amino acids are categorized based on their biological value, which measures how efficiently the body can use these proteins for growth and repair.

### High Biological Value Proteins

High Biological Value (HBV) proteins contain all the essential amino acids that our body cannot produce on its own. This means that they provide a complete range of amino acids that are required for various functions in the body. Foods that are high in HBV proteins include:

- Meat (beef, chicken, pork)
- Fish and seafood
- Eggs
- Dairy products (milk, cheese, yogurt)

These proteins are particularly important for building and repairing muscles, especially for active teenagers like you!

### Low Biological Value Proteins

Low Biological Value (LBV) proteins, on the other hand, lack one or more essential amino acids. They are not as efficient for the body compared to HBV proteins, but they can still be a good source of protein when combined with other foods. Common sources of LBV proteins include:

- Plant-based foods (beans, lentils, nuts, seeds)
- Grains (rice, wheat, corn)
- Vegetables (some types including soy products)

To ensure you get all the essential amino acids from LBV proteins, it's important to mix and match different plant-based protein sources, like having rice with beans.

### Why Are They Important?

Understanding the difference between high and low biological value proteins will help you make better food choices. If you're looking to build muscle, recover after sports, or maintain overall health, including a variety of both HBV and LBV proteins in your diet is crucial. Remember, balance is key!