

AMINO ACIDS

✨ The 9 Essential Amino Acids

(Your body can't make these – you gotta eat 'em!)

- **Histidine:** Helps make histamine (immune response, digestion, sleep-wake cycles). Critical for growth, tissue repair, and red/white blood cells.
 - **Found in:** Meat, fish, poultry, dairy, eggs, soy, whole grains.
- **Isoleucine:** Fuels muscles during exercise, helps energy regulation, blood sugar, and wound healing.
 - **Found in:** Eggs, fish, chicken, beef, lentils, nuts, seeds.
- **Leucine:** Major player in muscle building/repair; triggers muscle protein synthesis.
 - **Found in:** Beef, chicken, fish, eggs, dairy, soybeans, peanuts.
- **Lysine:** Helps absorb calcium, makes collagen/elastin (skin & joints!), supports immunity.
 - **Found in:** Red meat, poultry, cheese, fish, eggs, quinoa, beans.
- **Methionine:** Detox helper – removes heavy metals; needed for cysteine & glutathione (antioxidant).
 - **Found in:** Eggs, fish, sesame seeds, Brazil nuts, beef, lamb, dairy.
- **Phenylalanine:** Converts into tyrosine – makes dopamine & stress hormones (focus, mood).
 - **Found in:** Soy, beef, poultry, fish, eggs, dairy, legumes, nuts, seeds.
- **Threonine:** Builds collagen & elastin; supports gut lining, immunity, healthy teeth.
 - **Found in:** Cottage cheese, poultry, fish, lentils, eggs, wheat germ.
- **Tryptophan:** Famous for serotonin (mood, sleep) & melatonin (sleep cycle).
 - **Found in:** Turkey, chicken, milk, cheese, oats, nuts, seeds, bananas.
- **Valine:** Supports muscle growth/repair, energy, mental focus.
 - **Found in:** Dairy, soy, beef, chicken, mushrooms, peanuts, legumes.

✨ The 11 Non-Essential Amino Acids

(Your body can make these – but needs the raw ingredients!)

- **Alanine:** Converts glucose for energy; removes muscle toxins.
 - **Found in:** Meat, poultry, fish, dairy, eggs, beans, whole grains.
- **Arginine:** Boosts blood flow (nitric oxide!), immunity, wound healing.
 - **Found in:** Turkey, pork loin, chicken, pumpkin seeds, peanuts, soybeans.
- **Asparagine:** Supports nervous system & balances ammonia.
 - **Found in:** Dairy, beef, poultry, eggs, fish, asparagus, potatoes, legumes.
- **Aspartic Acid:** Makes energy from carbs; supports hormones & nervous system.
 - **Found in:** Oysters, luncheon meats, soy, eggs, asparagus, seeds.
- **Cysteine:** Antioxidant power – makes glutathione; healthy hair, skin, nails.
 - **Found in:** Poultry, eggs, yogurt, garlic, onions, broccoli, red peppers.
- **Glutamic Acid (Glutamate):** Main brain neurotransmitter for learning/memory.
 - **Found in:** Meat, fish, eggs, dairy, tomatoes, mushrooms, soy sauce.
- **Glutamine:** Fuels immune/gut cells; helps recovery from stress/illness.
 - **Found in:** Beef, chicken, fish, dairy, eggs, cabbage, beets, spinach.

- **Glycine:** Builds collagen, calms the nervous system, aids detox.
 - **Found in:** Gelatin, bone broth, pork skin, chicken skin, fish, legumes.
- **Proline:** Makes collagen – keeps joints/tissues strong & flexible.
 - **Found in:** Gelatin, bone broth, egg whites, dairy, meat, soy.
- **Serine:** Makes other amino acids, forms cell membranes, supports brain function.
 - **Found in:** Soy products, eggs, meat, dairy, wheat germ, peanuts.
- **Tyrosine:** Made from phenylalanine – makes dopamine, thyroid hormones, adrenaline.
 - **Found in:** Cheese, turkey, fish, peanuts, avocados, soy, eggs.

Eating Enough Protein, Spaced Throughout the Day, and Keeping Your Gut Healthy Will Help You Get the MOST From What You Eat!!