

Week 7: Flow of Genetic Information - Protein

1. Choose a specific biomolecule found in your diet. What is the source and purpose of this biomolecule?

I will be discussing the source and purpose of an extremely important biomolecule found in everyone's diet: proteins. Proteins are made of extravagant amounts of 20 different forms of amino acids and function as the primary workers in cells, builders of tissue, expressors of DNA and RNA, movers of molecules around the body, muscle supporters, and hormone assistants. The amino acids that form proteins can be arranged in millions of versions that all serve a different purpose and perform varying functions. A few examples that really define the importance of protein are through working out to build muscle and cutting protein from your diet as a "weight loss" attempt. When consuming more protein than needed and lifting weights often, people will build muscle very quickly and drastically. This is because the extra protein being consumed is being used to assist muscle growth and health. When people cut protein out of their diet as a means to lose weight, they actually risk facing quite a few issues. In women specifically, cutting out protein fully from your diet can disrupt or completely stop your menstrual cycle. Proteins are extremely important in living a healthy life. As we age, the amount of protein we need to digest does change because our bodily tissues and muscles change with age. The most interesting thing about proteins is that they have to come from your diet. Your body does not just make its own useful amino acids. While you do produce non-essential amino acids, the ones needed for a healthy functioning body all come from your diet. Prioritize protein intake, no matter what diet you may follow. Whether you begin to follow veganism, vegetarianism, or pescetarianism at any point in your life, do research and consult both a nutritionist and your doctor, who can help you find ways to get the right amount of protein needed for your body to function properly.

Reference

Eufic. (2019, December 16). *What are proteins and what is their function in the body?* Eufic. Retrieved October 20, 2021, from <https://www.eufic.org/en/whats-in-food/article/what-are-proteins-and-what-is-their-function-in-the-body>.