• Salivary gland provide saliva to aid in swallowing and passage of partial mashed food through the esophagus

• Food enters stomach through esophageal sphincter

• Stomach releases gastric juice containing HCL and enzyme pepsin

• Enzyme initiate breakdown of protein

• Acidity stomach facilitate the unfolding of proteins that retain 3-Dimensional structure after cooking and help break down protein aggregate formed during cooking

• Pepsin secreted by cell dismantles protein chain into smaller and smaller fragment

• Egg protein has a large globular molecule and chemical breaking require time

• Powerful mechanical stomach contraction churn partially digested protein into a uniform mixture called **chyme**

• Protein digestion is longer than carbs digestion

• Eating high protein meal increases amount of digestion and food remains longer make you feel full

**Digestion from stomach to small intestine**

• Stomach empties **chyme** containing broken piece into small intestine

• Majority of protein digestion occur in small intestine

• Pancreatic cells secrete digestive juice contain enzyme that digest protein are trypsin and chymotrypsin

• Cell line small intestine release additional enzyme and finally break apart small protein fragment into individual amino acids

• Muscle contraction of small intestine mix and propel digested protein to absorption site known as villi