- 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