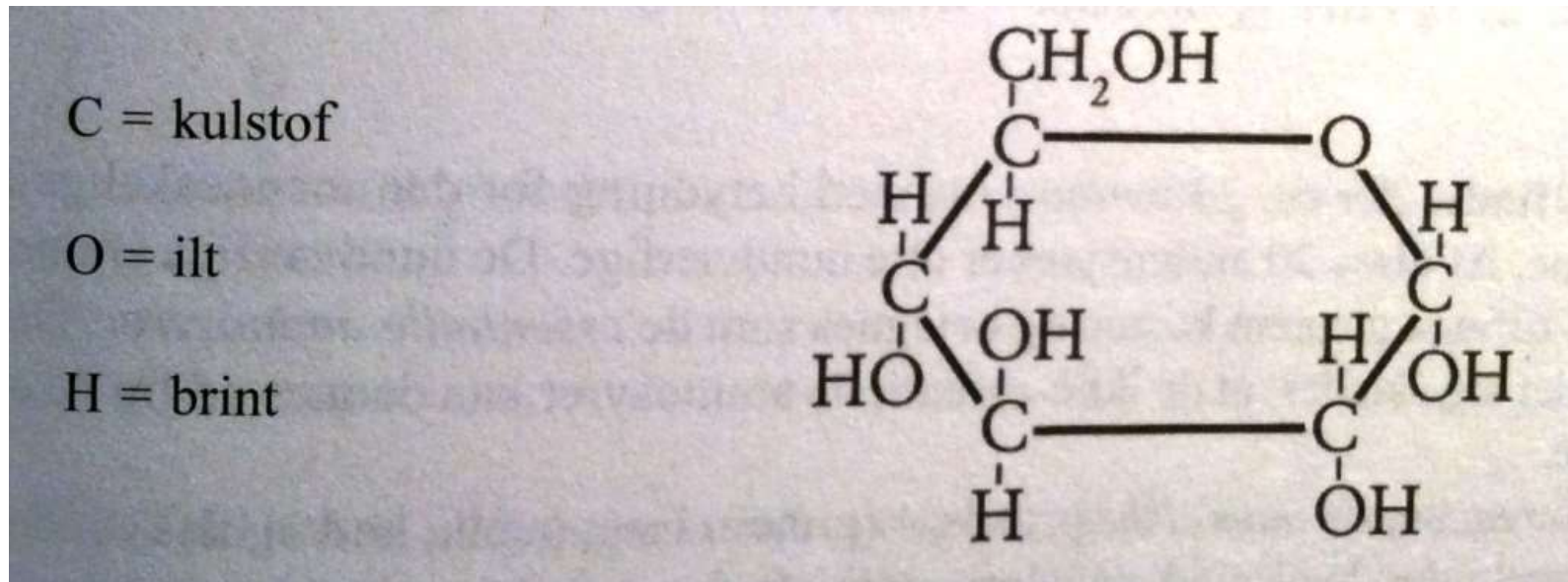


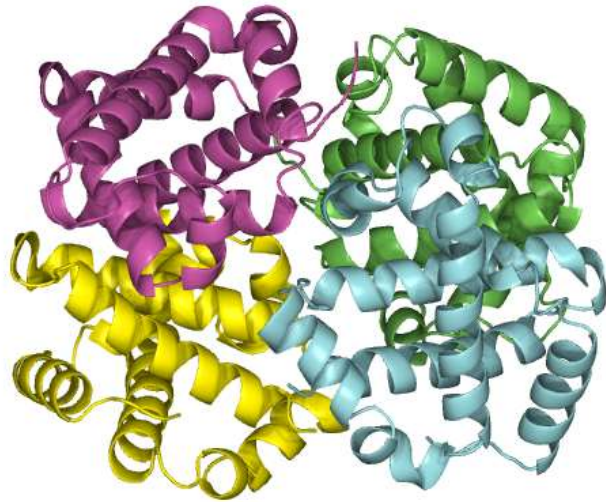
[kulhydrat]

Monosakkarid

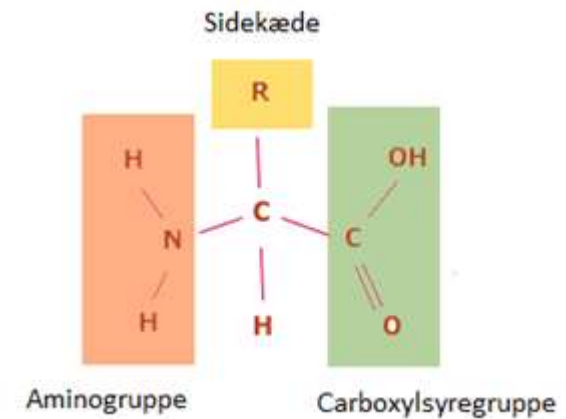
Disakkarid

Polysakkarid



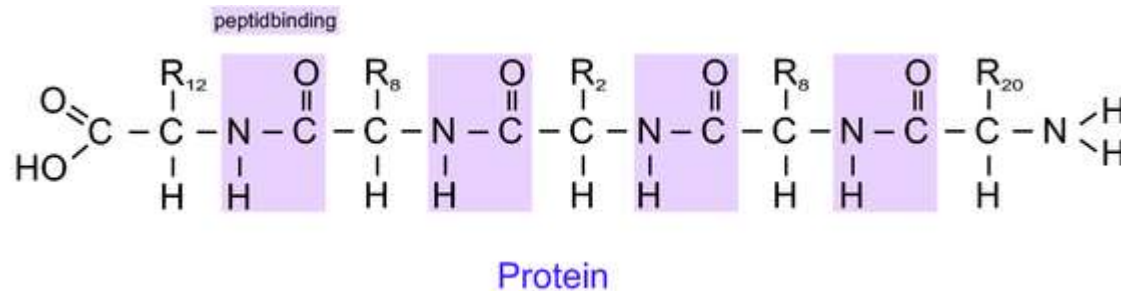


[protein]

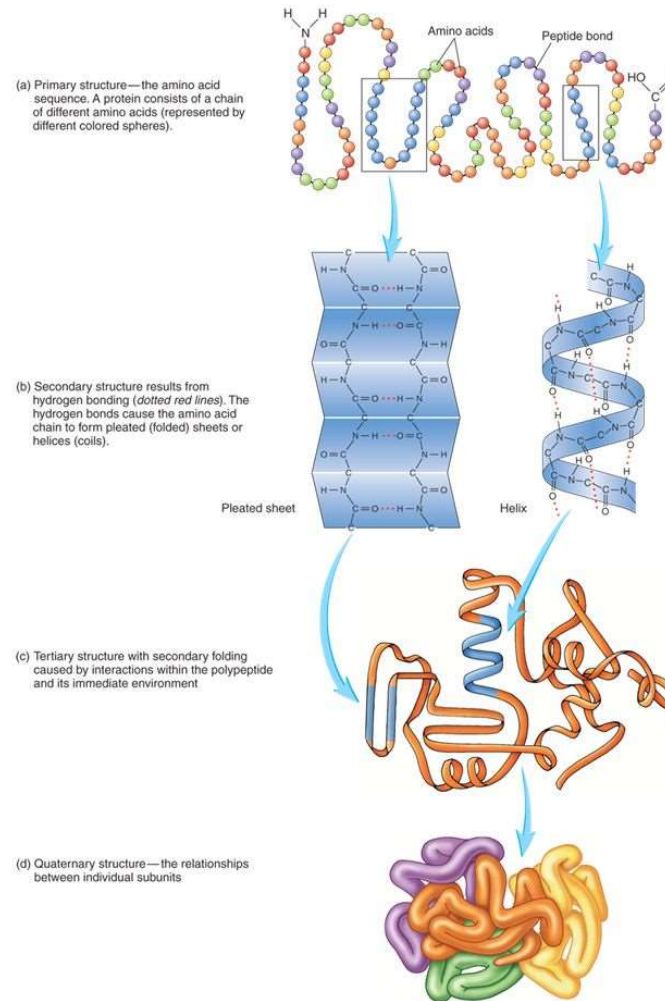


Opbygget af aminosyrer

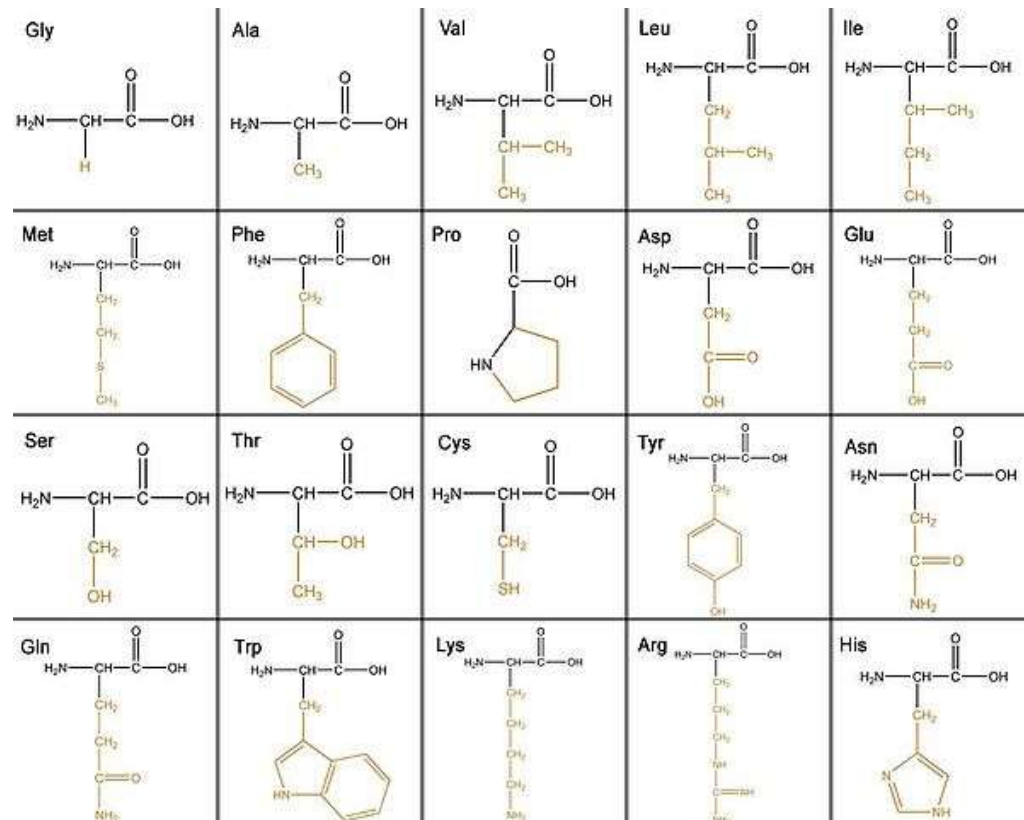
Carbon, hydrogen, ilt, kvælstof, svovl



[protein]



[aminosyrer]

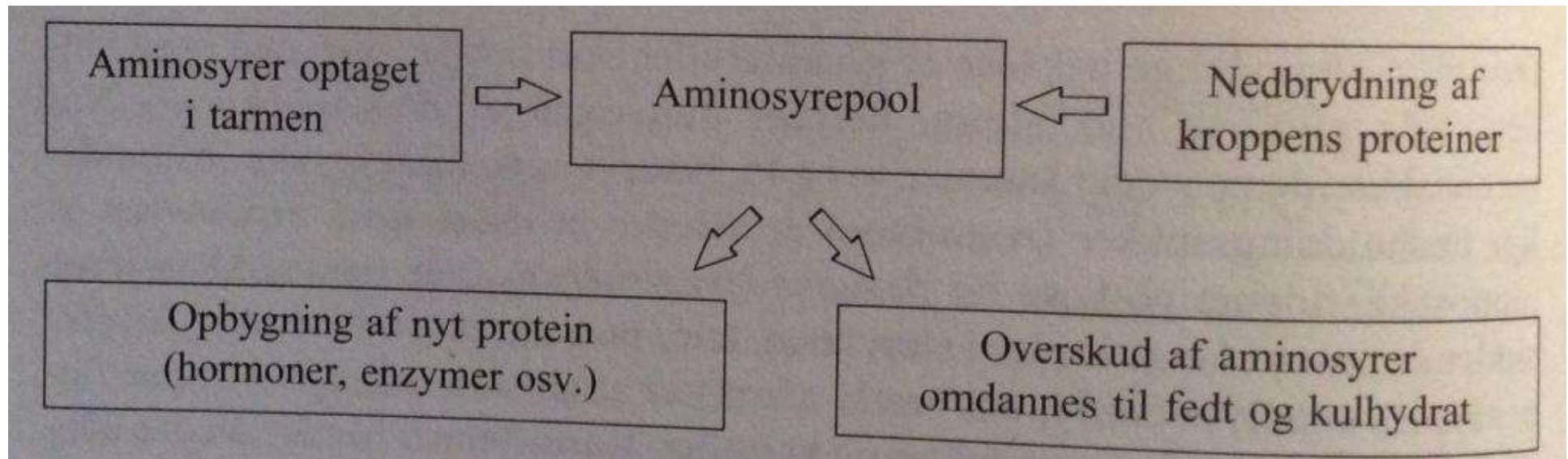


| | | 2. bogstav | | | | | |
|------------|---|--|--------------------------------------|--|---|------------|---|
| | | U | C | A | G | | |
| 1. bogstav | U | UUU } Phe UUC } UUA } Leu UUG } | UCU } Ser UCC } UCA } UCG } | UAU } Tyr UAC } UAA } Stop UAG } Stop | UGU } Cys UGC } UGA } Stop UGG } Trp | U | C |
| | C | CUU } Leu CUC } CUA } CUG } | CCU } Pro CCC } CCA } CCG } | CAU } His CAC } CAA } Gln CAG } | CGU } Arg CGC } CGA } CGG } | U | C |
| | A | AUU } Ile AUC } AUA } Met AUG } | ACU } Thr ACC } ACA } ACG } | AAU } Asn AAC } AAA } Lys AAG } | AGU } Ser AGC } AGA } Arg AGG } | U | C |
| | G | GUU } Val GUC } GUA } GUG } | GCU } Ala GCC } GCA } GCG } | GAU } Asp GAC } GAA } Glu GAG } | GGU } Gly GGC } GGA } GGG } | U | C |
| | | | | | | 3. bogstav | |
| | | U | C | A | G | U | C |

[aminosyrer]

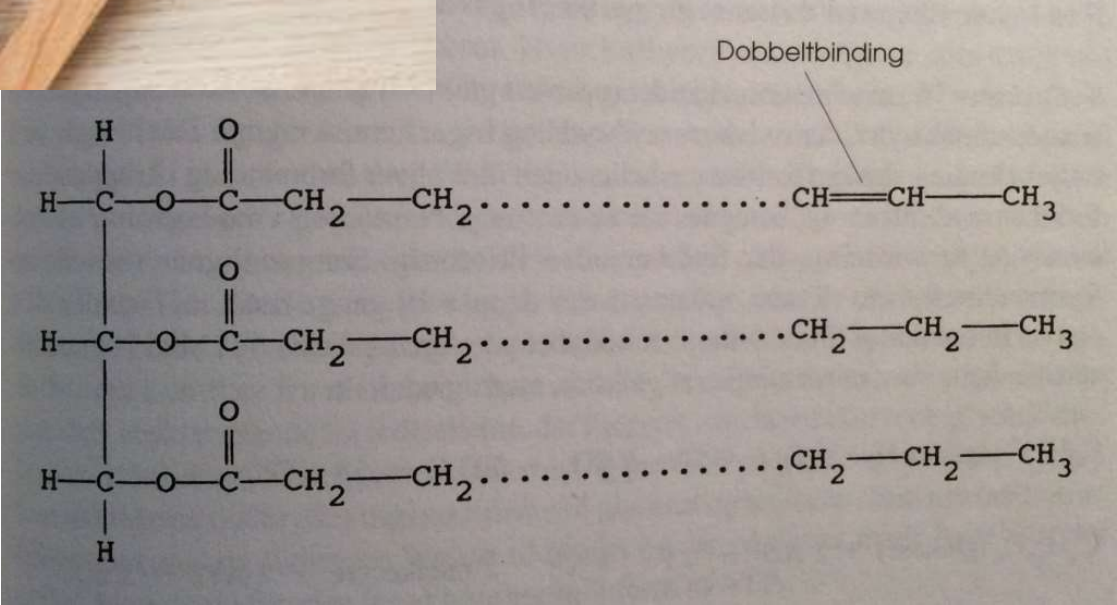
- Essentielle aminosyrer
- Animalske proteinkilder er typisk komplette aminosyre kilder
- Vegetabiliske proteinkilder er typisk ukomplet
- Aminosyrekomplementering for vegetarer

[omsætning af aminosyrer]





[fedt]



[fedt]

- Mættet fedt
 - Smør, olie, mejeriprodukter, kød
- Enkeltumættet fedt (monoumættet)
 - Olivenolie, rapsolie, fjerkræ, avokado, nødder
- Flerumættet fedt (polyumættet)
 - Fisk, skaldyr, valnødder, hørfrøolie, hvedekimolie

[mættet og enkeltumættet fedt]

Dannes i kroppen

Ikke essentielt

Debat omkring indtagelse af mættet og enkeltumættet fedt





[umættet fedt]

Essentielle fedtsyrer

Omega-3, Omega-6, Omega-9

n-3, n-6, n9





[transfedtsyrer]

Industriel hærkning
Sundhedsskadelig

