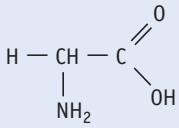
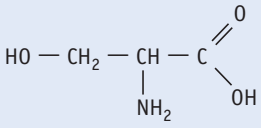
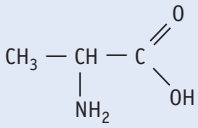
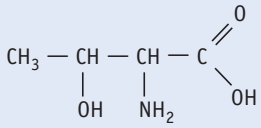
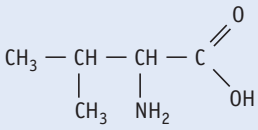
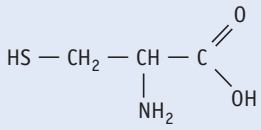
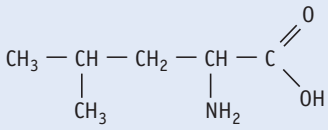
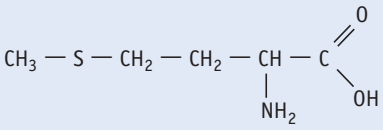
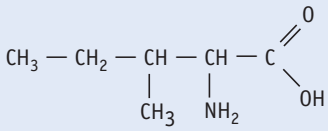
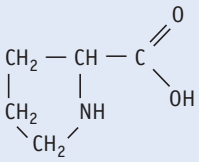
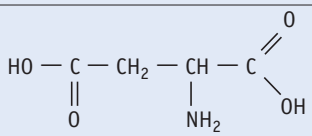
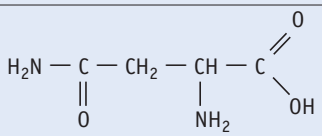
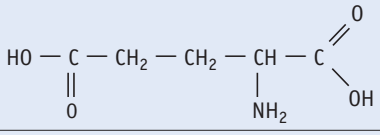
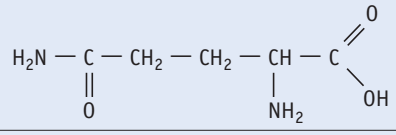
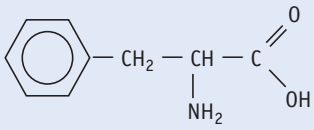
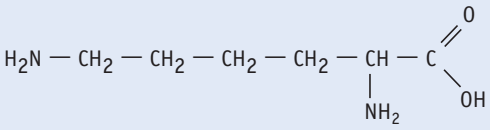
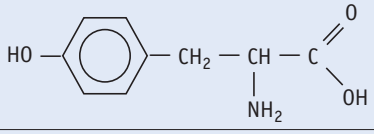
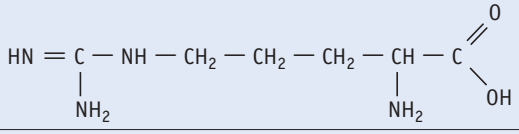
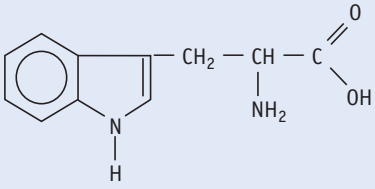
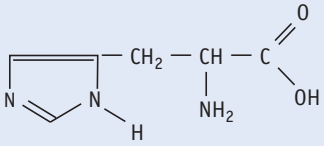
Approfondimento

Gli amminoacidi

Formule e nomi dei 20 amminoacidi presenti negli organismi viventi. I nomi evidenziati si riferiscono agli 8 amminoacidi essenziali, cioè agli amminoacidi che l'organismo umano non riesce a sintetizzare; essi pertanto devono essere assunti attraverso le proteine presenti negli alimenti alimenti.

Formula	Nome	Formula	Nome
	glicina (Gly)		serina (Ser)
	alanina (Ala)		**treonina** (Thr)
	**valina** (Val)		cisteina (Cys)
	**leucina** (Leu)		**metionina** (Met)
	**isoleucina** (Ile)		prolina (Pro)
	acido aspartico (Asp)		asparagina (Asn)
	acido glutammico (Glu)		glutammina (Glu)
	**fenilalanina** (Phe)		**lisina** (Lys)
	tirosina (Tyr)		arginina (Arg)
	**triptofano** (Trp)		istidina (His)