


CONCEPT: ESSENTIAL AMINO ACIDS

Essential vs. Nonessential Amino Acids

- _____ amino acids: cannot be generated by the organism & must be consumed in the diet for survival.
- _____ amino acids: can be generated by the organism from other reactants & do not need to be consumed.

EXAMPLE: Essential Amino Acids.

		<u>Essential</u>	<u>Nonessential</u>
Essential: 	Tr _y	→ Tryptophan	Alanine
	T-His	→ { Threonine Histidine	*Arginine Asparagine Aspartic Acid
	V-I-P _{he}	→ { Valine Isoleucine Phenylalanine	Cysteine Glutamic Acid Glutamine
	M-a-L-Lys	→ { Methionine Leucine Lysine	Glycine Proline Serine Tyrosine

