

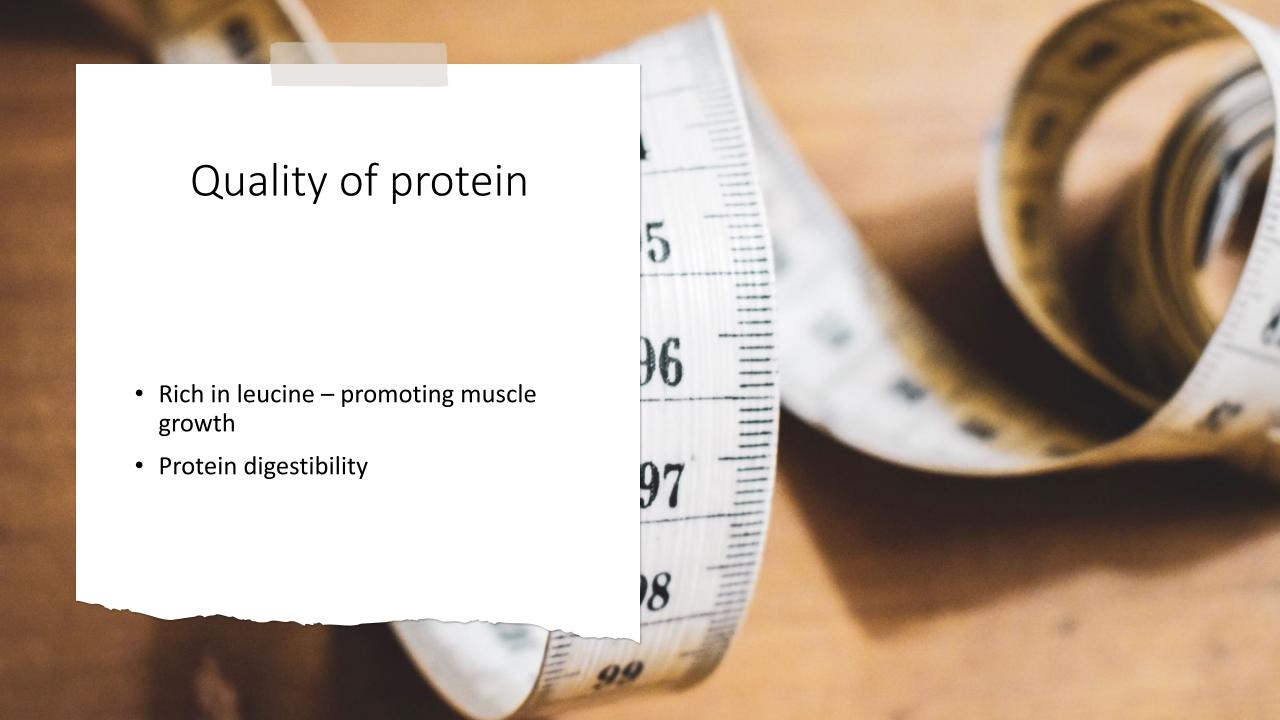
## Energy recommendations

 Carbohydrates: 3 to 12g/kg weight/day

Proteins: 1.2 to 2g/kg/day

• Fat: 20-35% (VET)

• Fibers: 20 to 35 g/day



## Aminoacids

## What do amino acids do?

Break down food.



Grow and repair body tissue.



Make hormones and brain chemicals.



Provide an energy source.



Maintain healthy skin, hair and nails.



Build muscle.



Boost your immune system.



Sustain a normal digestive system.



## Aminoacids

Essential	Conditionally Non-Essential	Non-Essential
Histidine	Arginine	Alanine
Isoleucine	Cystine	Asparagine
Leucine	Glutamine	Aspartate
Lysine	Glycine	Glutamate
Methionine	Proline	Serine
Phenylalanine	Tyrosine	
Threonine		
Tryptophan		

Valine

Essential	Human body cannot synthetize. They need be supplied through the diet.	
Non essential	Human body can synthetize through other essential aminoacids.	
Conditionally non-essential	Human body cannot synthetize in suficient quantities.	