



# 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

# Quality of protein

- Rich in leucine – promoting muscle growth
- Protein digestibility



# 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
Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

Conditionally Non-Essential
Arginine
Cystine
Glutamine
Glycine
Proline
Tyrosine

Non-Essential
Alanine
Asparagine
Aspartate
Glutamate
Serine

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Essential

Human body cannot synthetize. They need be supplied through the diet.

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Non essential

Human body can synthetize through other essential aminoacids.

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Conditionally  
non-essential

Human body cannot synthetize in suficient quantities.

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