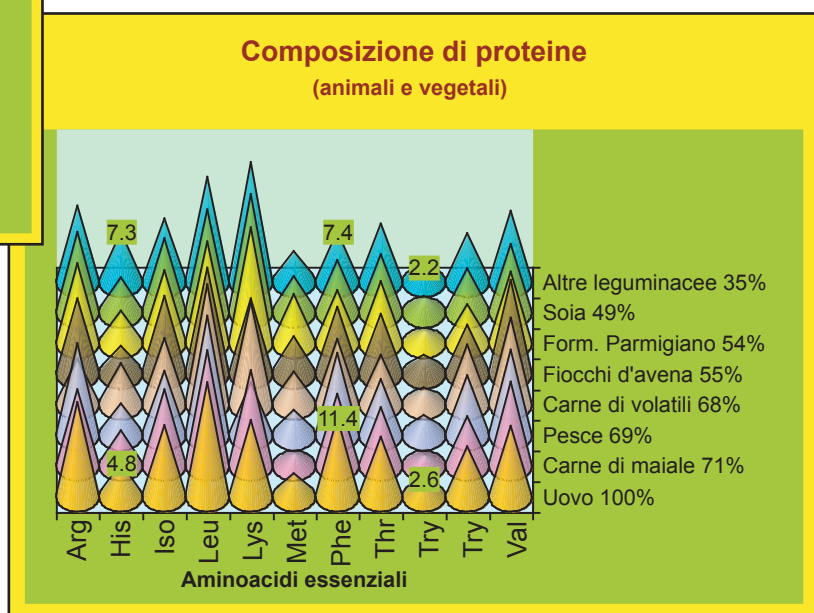
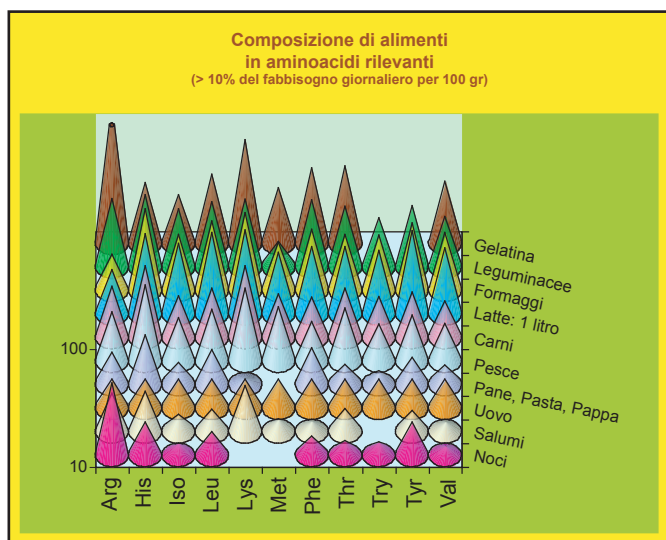


Aminoacidi essenziali in alimenti

Fabb.giorn. Proteine	Alimento	Tot	Bimbi										>Phe			Tot.	Tot.
			5.1 Arg	1.9 His	5.3 Iso	7.2 Leu	5.1 Lys	2.6 Met	4.6 Phe	4.1 Thr	1.3 Try	3.4 Tyr	6.4 Val	36 Ess.	38 Altri		
Carne maiale	20	1.4	0.9	1.1	1.9	2.1	0.5	0.9	1.0	0.27	0.9	1.3	12	8			
Carne manzo	22	1.5	0.8	1.2	1.9	2.3	0.6	1.0	1.1	0.30	0.9	1.3	11	11			
Carne volatili	21	1.4	0.6	1.3	1.8	2.1	0.7	0.9	1.0	0.29	0.8	1.2	10	11			
Fegato (vitello)	19	1.2	0.7	1.1	1.9	1.7	0.5	1.1	1.1	0.31	0.7	1.4	9	10			
Gelatina	84	7.5	0.6	1.4	2.7	3.8	0.8	2.0	1.8	0.01	0.3	2.1	21	64			
Insaccati	12	0.9	0.4	0.6	0.9	1.1	0.3	0.5	0.5	0.11	0.4	0.7	5	7			
Salumi	18	1.2	0.5	0.9	1.3	1.4	0.4	0.7	0.7	0.15	0.6	0.9	7	11			
Trota	20	1.4	0.6	1.3	1.8	2.0	0.9	0.9	1.1	0.24	0.7	1.3	10	10			
Pesce maritt.	22	1.3	1.1	1.2	2.2	2.2	0.6	1.1	1.2	0.30	1.0	1.4	11	11			
Uovo	13	0.9	0.3	0.9	1.3	0.9	0.5	0.8	0.7	0.23	0.6	1.1	6	7			
Latte	3	0.1	0.1	0.2	0.4	0.3	0.1	0.2	0.2	0.05	0.2	0.2	1	2			
Mozzarella	20	0.7	0.7	1.2	2.1	1.7	0.4	1.1	1.0	0.28	0.8	1.4	9	11			
Form. Parm.	36	1.3	1.2	1.9	3.5	3.0	1.0	1.9	1.5	0.49	1.8	2.5	15	20			
Fiocchi d'avena	13	0.9	0.3	0.6	1.1	0.5	0.2	0.8	0.5	0.19	0.6	0.8	5	8			
Pane	8	0.3	0.2	0.4	0.6	0.2	0.1	0.4	0.3	0.09	0.2	0.4	2	5			
Pasta secca	12	0.7	0.5	0.5	1.0	0.5	0.1	0.6	0.4	0.08	0.4	0.6	4	8			
Pasta cotta ca.	6	0.4	0.2	0.3	0.5	0.2	0.1	0.3	0.2	0.04	0.2	0.3	2	4			
Riso secco	7	0.6	0.2	0.3	0.7	0.3	0.2	0.4	0.3	0.09	0.3	0.5	3	4			
Riso cotto ca.	3	0.3	0.1	0.2	0.3	0.1	0.1	0.2	0.1	0.05	0.1	0.2	1	2			
Fagioli secchi	21	1.5	0.7	1.5	2.3	1.9	0.3	1.4	1.2	0.23	1.0	1.6	11	11			
Fagioli cotti ca.	11	0.7	0.4	0.7	1.1	0.9	0.1	0.7	0.6	0.12	0.5	0.8	5	5			
Soia secca	34	2.4	0.8	1.8	2.8	1.9	0.6	2.0	1.5	0.45	1.3	1.8	14	20			
Soia cotta ca.	17	1.2	0.4	0.9	1.4	1.0	0.3	1.0	0.7	0.23	0.6	0.9	7	10			
Noci	14	2.1	0.4	0.7	1.1	0.4	0.2	0.7	0.5	0.17	0.6	0.8	6	8			



Aminoacidi essenziali

Fabbisogno giornaliero (gr)	5.1	1.9	5.3	7.2	5.1	2.6	4.6	4.1	1.3	3.4	6.4	36	38
Contenuti in gr / 100gr (%) (kCal/100gr)	Arg Arginina	His Istamina	Iso Isoleucina	Leu Leucina	Lys Lisina	Met Metionina	Phe Fenilalanina	Thr Treonina	Try Triptofane	Tyr Tirosina (Phe)	Val Valina	Essenziali	non essenziali

Alimento

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