

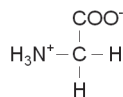
So unangenehm es auch sein mag, ihr **müsst** diese 20 Aminosäuren erkennen, aufzeichnen können und wissen, welche basisch, welche sauer, welche schwefelhaltig usw. sind.

Von den 20 proteinogenen Aminosäuren sind 8 **essentiell**, das bedeutet, dass der Körper sie nicht selbst aufbauen kann.

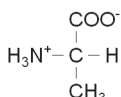
Hier einmal alle 20 proteinogenen AS im Überblick:

6 neutrale Aminosäuren

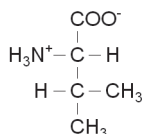
Glycin
(Gly)



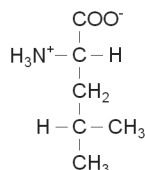
Alanin
(Ala)



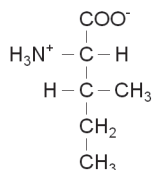
Valin*
(Val)



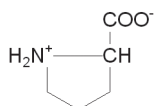
Leucin*
(Leu)



Isoleucin*
(Ile)



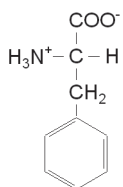
Prolin
(Pro)



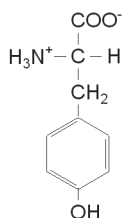
* =essentielle

3 aromatische Aminosäuren

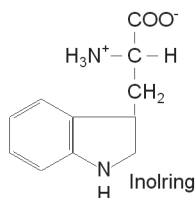
Phenylalanin*
(Phe)



Tyrosin
(Tyr)

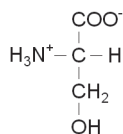


Tryptophan*
(Trp)

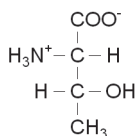


2 Hydroxysäuren

Serin
(Ser)

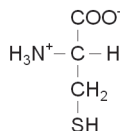


Threonin*
(Thr)

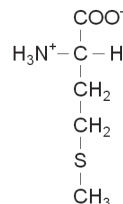


2 schwefelhaltige Aminosäuren

Cystein
(Cys)

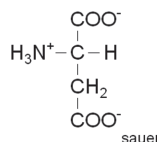


Methionin*
(Met)

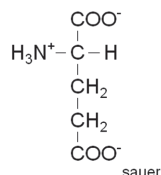


2 saure Aminosäuren

Asparaginsäure
(Asp)

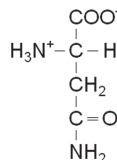


Glutaminsäure
(Glu)

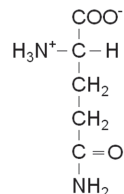


und ihre 2 Amide

Asparagin
(Asn)

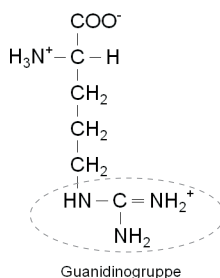


Glutamin
(Gln)

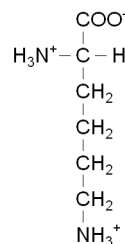


3 basische Aminosäuren

Arginin
(Arg)



Lysin*
(Lys)



Histidin
(His)

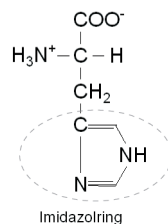


Abb. 90: proteinogene Aminosäuren