2.2 Proteins

Proteins are another major macronutrient that like carbohydrates are made up of small repeating units. But instead of sugars, proteins are made up of amino acids. In the following sections, you will learn more about how proteins are synthesized and why they are important in the body.

Subsections:

2.21 Amino Acids
2.22 Protein Synthesis
2.23 Protein Structure
2.24 Protein Functions
2.25 Types of Amino Acids
2.26 Amino Acid Structures
2.27 Protein Quality
2.28 Protein-Energy Malnutrition