

# NUTRIENTS

## Proteins

- Proteins primary function is the growth, repair and maintenance of body tissue
- The body requires new protein everyday in order to keep the body tissues healthy.
- In times of inadequate energy intake (either carbohydrate or lipids), proteins can also provide energy.
- Proteins consist of amino acid chains.
- Many amino acids linked together form a peptide, and many peptides linked together form a protein
- They provide non-essential (that can be produced by the body) and essential amino acids (that cannot be produced by the body).

### Amino acids -> peptides -> proteins

- Proteins Performs various specific physiological roles in the body e.g. as part of blood, enzymes, some hormones, cell membranes and components of the immune system
- Sometimes used to provide energy

**For further, personalized and more detailed information, please contact a dietitian registered with the Health Professions Council of South Africa. References from the scientific literature used to compile this document are available on request.**

### Human Nutrition | Menslike Voeding

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