

Amino Acid Flashcards PDF

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What is the basic building block of proteins?

Amino acids are the basic building blocks of proteins.

How many standard amino acids are there?

There are 20 standard amino acids.

What is the structure of an amino acid?

An amino acid consists of a central carbon atom, an amino group, a carboxyl group, a hydrogen atom, and a variable R group.

What are essential amino acids?

Essential amino acids are amino acids that cannot be synthesized by the body and must be obtained from the diet.

Can you name three essential amino acids?

Three essential amino acids are leucine, isoleucine, and valine.

What is the role of amino acids in the body?

Amino acids play a crucial role in building proteins, synthesizing hormones, and supporting immune function.

What is a peptide bond?

A peptide bond is a covalent bond that links amino acids together in a protein.

What is the difference between a complete and incomplete protein?

Complete proteins contain all essential amino acids in sufficient quantities, while incomplete proteins lack one or more essential amino acids.

What foods are considered complete proteins?

Foods such as meat, fish, eggs, and dairy products are considered complete proteins.

What is the significance of the R group in amino acids?

The R group determines the unique characteristics and properties of each amino acid.