

# Carbohydrates

<b>Functions</b>				
<b>Sources</b>				
<b>Types</b>				
	Monosaccarides			
	Disaccarides			
	Polysaccarides			
	Engineered CHO			
<b>Regulating hormone</b>		<b>Kcal/gram</b>		
<b>Deficiencies</b>				
<b>Daily amounts needed</b>				
<b>Time line for utilization</b>	-----1-----2-----3-----4-----5-----6-----7-----8 <sub>hours</sub>			
<b>Digestion/absorption</b>				

Notes:

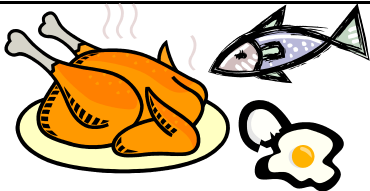


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# Protein

<b>Functions</b>				
<b>Sources</b>				
<b>Amino acids - essential</b>		<b>Functions</b>		
	<b>Tryptophan</b>			
	<b>Valine</b>			
	<b>Threonine</b>			
	<b>Isoleucine</b>			
	<b>Leucine</b>			
	<b>Lysine</b>			
	<b>Phenylalanine</b>			
	<b>Methionine</b>			
	<b>Histidine</b>			
<b>Amino acids - nonessential</b>				
	Glycine		Proline	
	Aspartic acid		Alanine	
	Glutamic acid		Serine	
	Glutamine		Tyrosine	
	Arginine		Asparagine	
	Cvsteine			
<b>Regulating hormone</b>		<b>Kcal/gram</b>		
<b>Deficiencies</b>				
<b>Daily amounts needed</b>				
<b>Timeline for utilization</b>	-----1-----2-----3-----4-----5-----6-----7-----8 <sub>hours</sub>			
<b>Digestion/absorption</b>				



Notes:

# Fats

<b>Functions</b>			
<b>Sources</b>			
<b>Medical Measurements</b>		Definition	Desired Values
	<b>Cholesterol</b>		
	<b>HDL</b>		
	<b>LDL</b>		
	<b>Triglycerides</b>		
<b>Types</b>	<b>Saturated</b>	Definition	
	examples		
	<b>Monounsaturated (Omega-6)</b>	Definition	
	examples		
	<b>Polyunsaturated (Omega-3)</b>	Definition	
	examples		
	<b>Trans</b>	Definition	
	examples		
<b>Regulating hormone</b>		Kcal/gram	
<b>Deficiencies</b>			
<b>Daily amounts needed</b>			
<b>Timeline for utilization</b>	-----1-----2-----3-----4-----5-----6-----7-----8 <sub>hours</sub>		
<b>Digestion/absorption</b>			

Notes:

