As a healthy eater, you probably know a thing or two about carbohydrates, proteins and fats. But surprisingly, there is one thing that you should consider a bit more: amino acids. They are essential for life, and yet, they are not always talked about as much as they should be. Unfortunately, that is likely due to the fact that they are not as widely known or understood. Fortunately, there is a simpler answer: "Amino acids are the building blocks of the protein," says Elizabeth Sha…

...structure." If this still seems like a lot of technical jargon, these are the only things you really need to know...

1. The proteins are made up of amino acids. News flash: We need protein to live. Protein products, fish, meat, poultry and beans, is essentially a long chain of amino acids. So, when your body breaks down proteins from food, amino acids are what is left. There are three types of amino acids: essential, non-essential and conditionals. (Conditions, right?) Amino acids are the type that can and can’t be broken down by your body’s enzymes to create amino acids. So, the type of amino acids you need or don’t need is essential. Your body cannot break down all amino acids. If you don’t eat enough of them, your body might fail to do it alone. These amino acids must come from food sources. Your body cannot create them.
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