

WHAT IS THIS?

WHICH BONDS ARE RIGID?

WHICH ARE DONORS AND ACCEPTORS?

WHAT DO YOU NOTICE ABOUT PATTERN OF DONOR/ACCEPTOR?

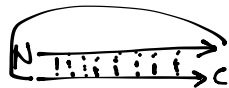
α HELICES:

- RIGID BECAUSE OF "STRUT-LIKE" HYDROGEN BONDS AND STERIC HINDERANCE FROM SIDECHAINS
- SMALL "LEGO":

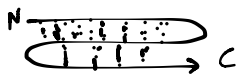


β SHEET:

PARALLEL:



ANTIPARALLEL:



LEGO-LIKE:



AMYLOID: ANY SEQ FORMS β SHEET BECAUSE LOW STERIC HINDERANCE (SIDECHAINS STICK "OUT") AND FLEXIBLE HYDROGEN BOND STRUCTURE. OPEN HBOND "EDGE" MEANS IT IS READY TO EXTEND AND WILL KEEP GROWING

