

8 acides aminés essentiels

	Leucine	Isoleucine	Valine	Phénylalanine	Thréonine	Méthionine	Lysine	Tryptophane
 Oeuf	✓	✓	✓	✓	✓	✓	✓	✓
 Volaille	✓	✓	✓	✓	✓	✓	✓	
 Viande rouge	✓	✓	✓	✓	✓	✓	✓	
 Poisson	✓	✓	✓		✓	✓	✓	✓
 Fromage	✓		✓	✓	✓	✓		✓
 Soja	✓	✓	✓	✓			✓	
 Céréales		✓				✓	✓	✓
 Légumineuses		✓	✓	✓		✓	✓	
 Fruits à coque		✓		✓				✓