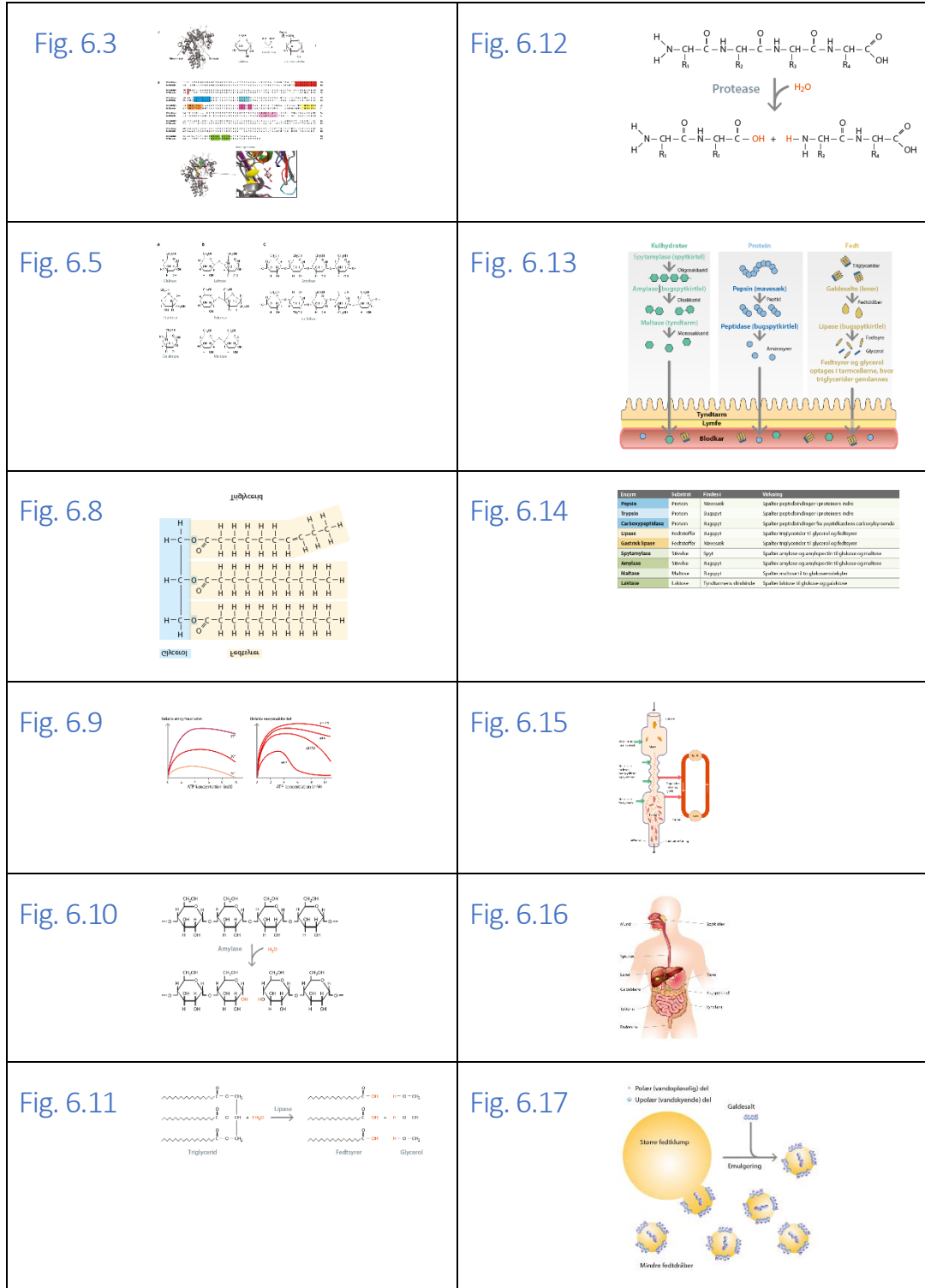
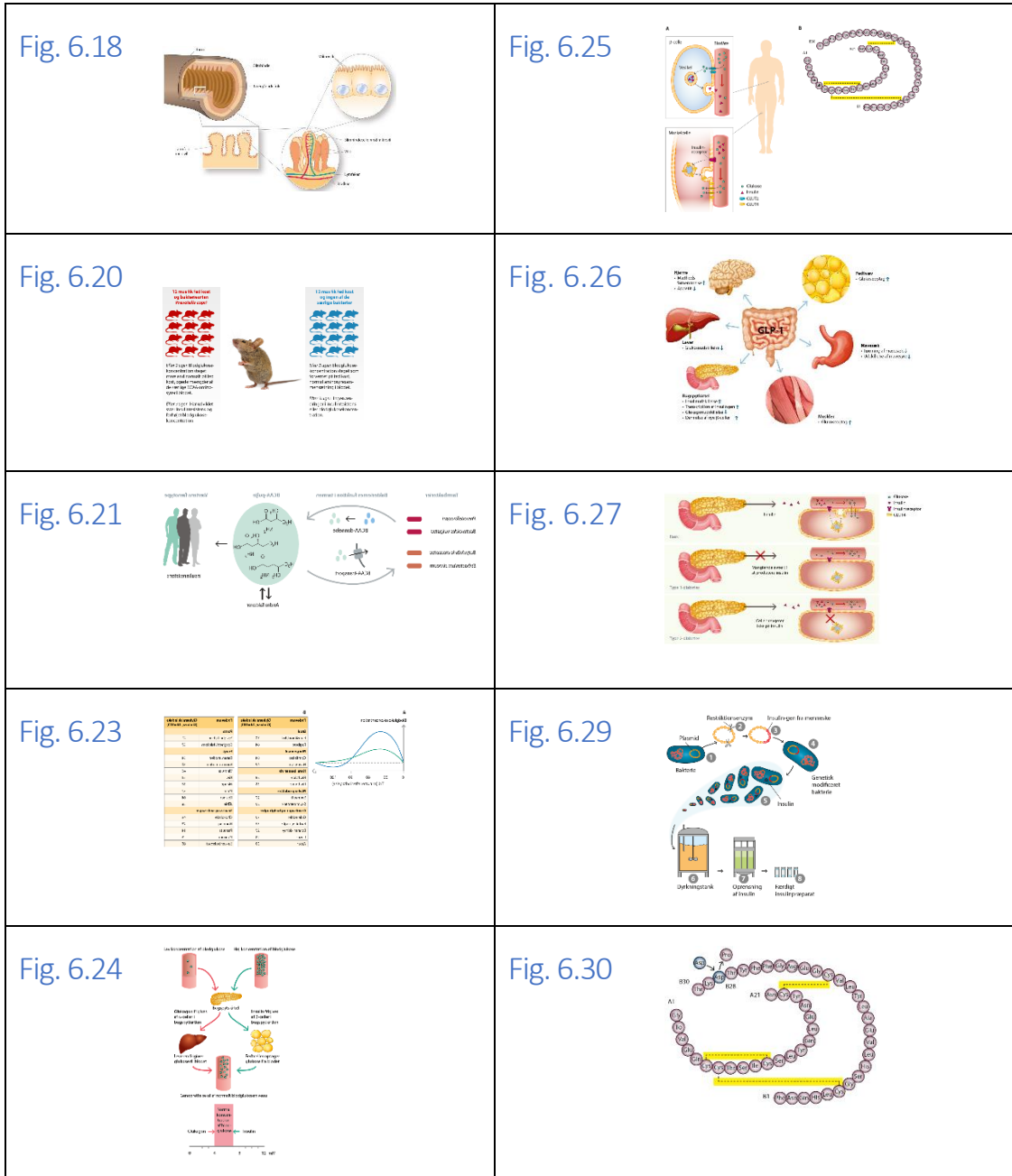


Figurer i kapitel 6



Figurer i kapitel 6



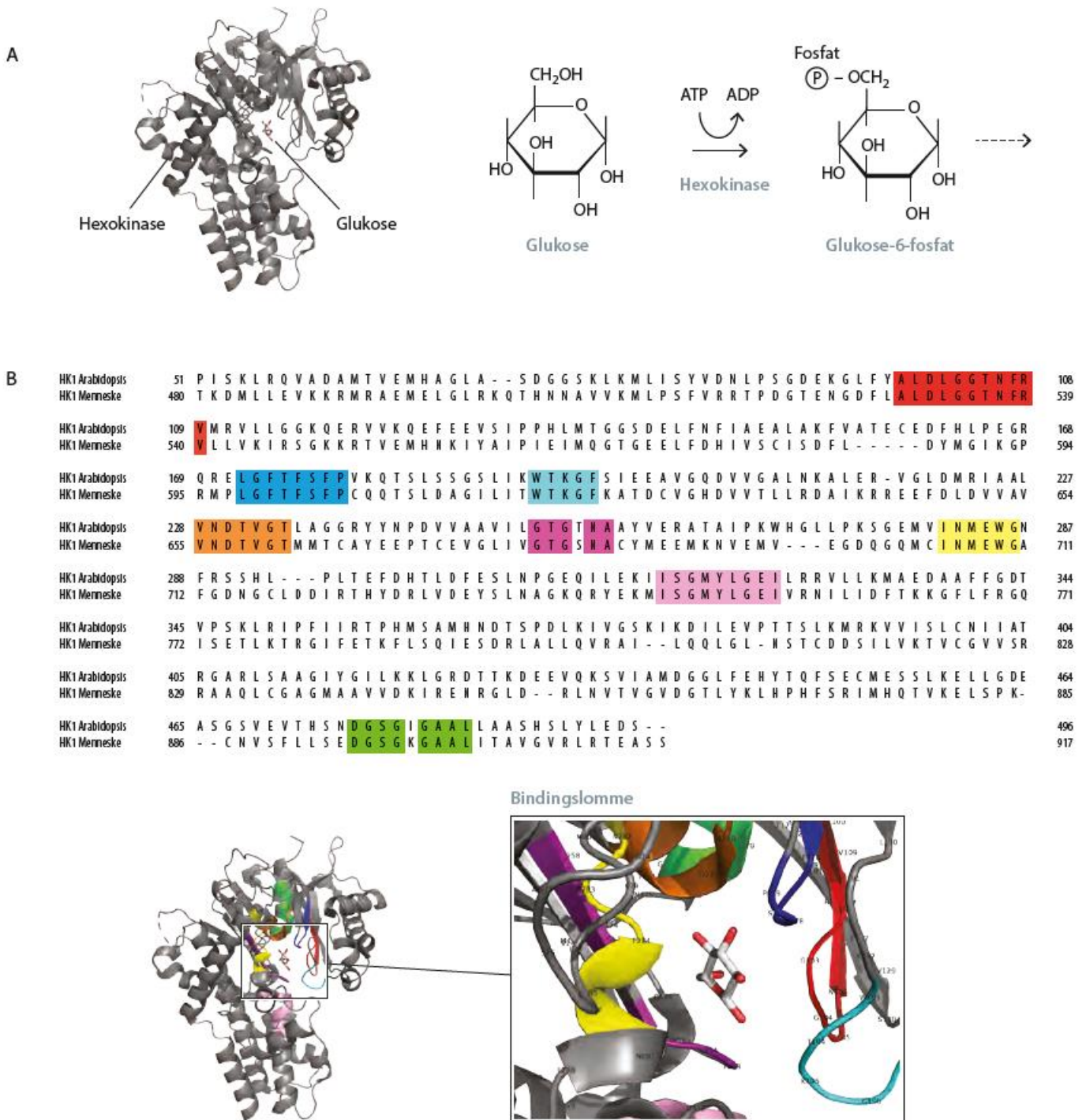


Fig. 6.3

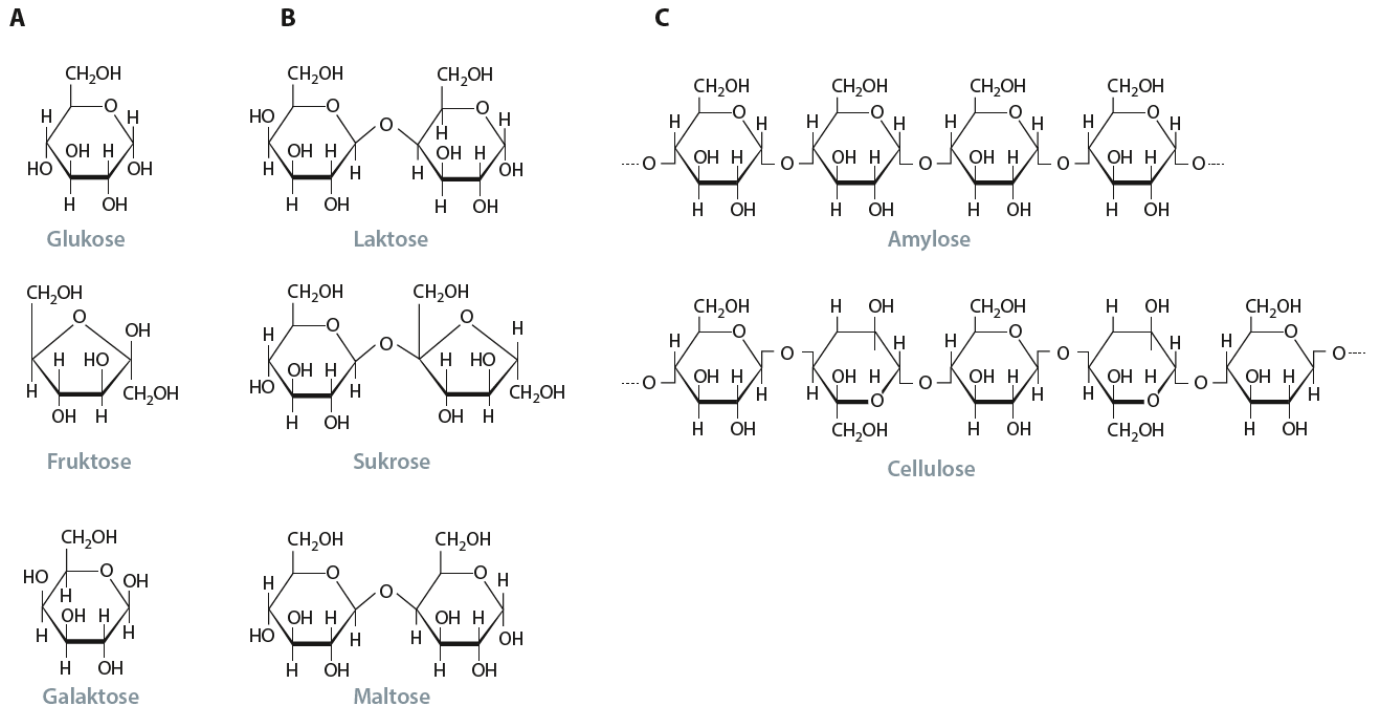


Fig. 6.5

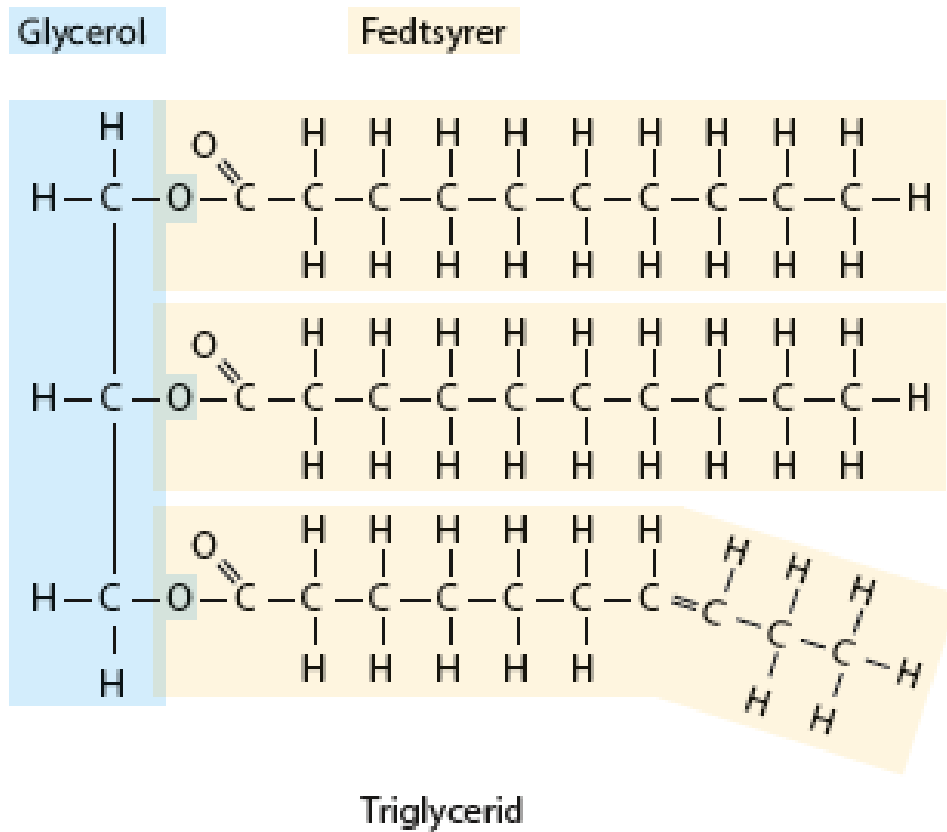


Fig. 6.8

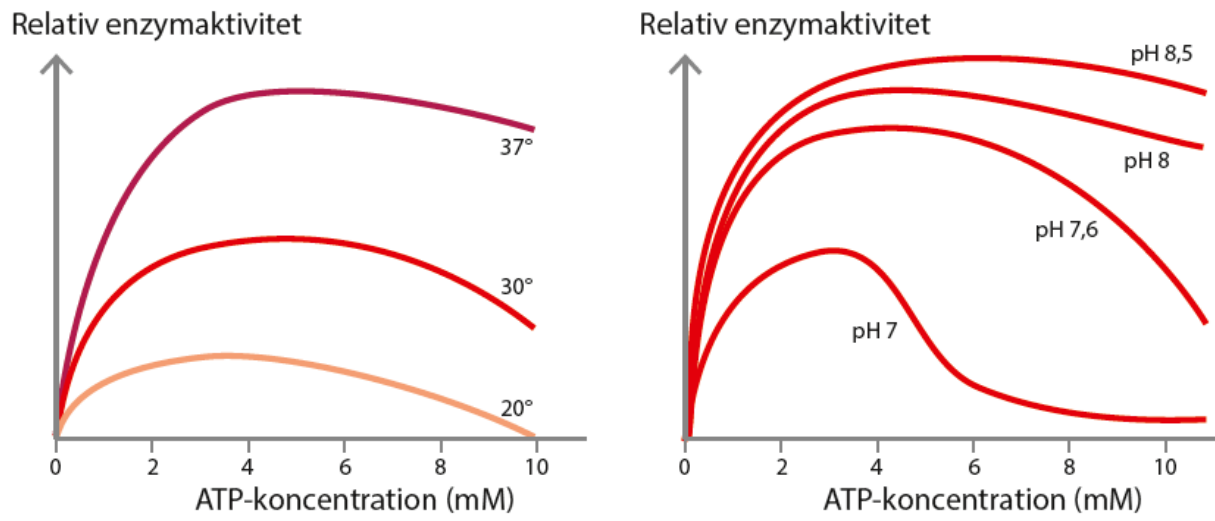


Fig. 6.9

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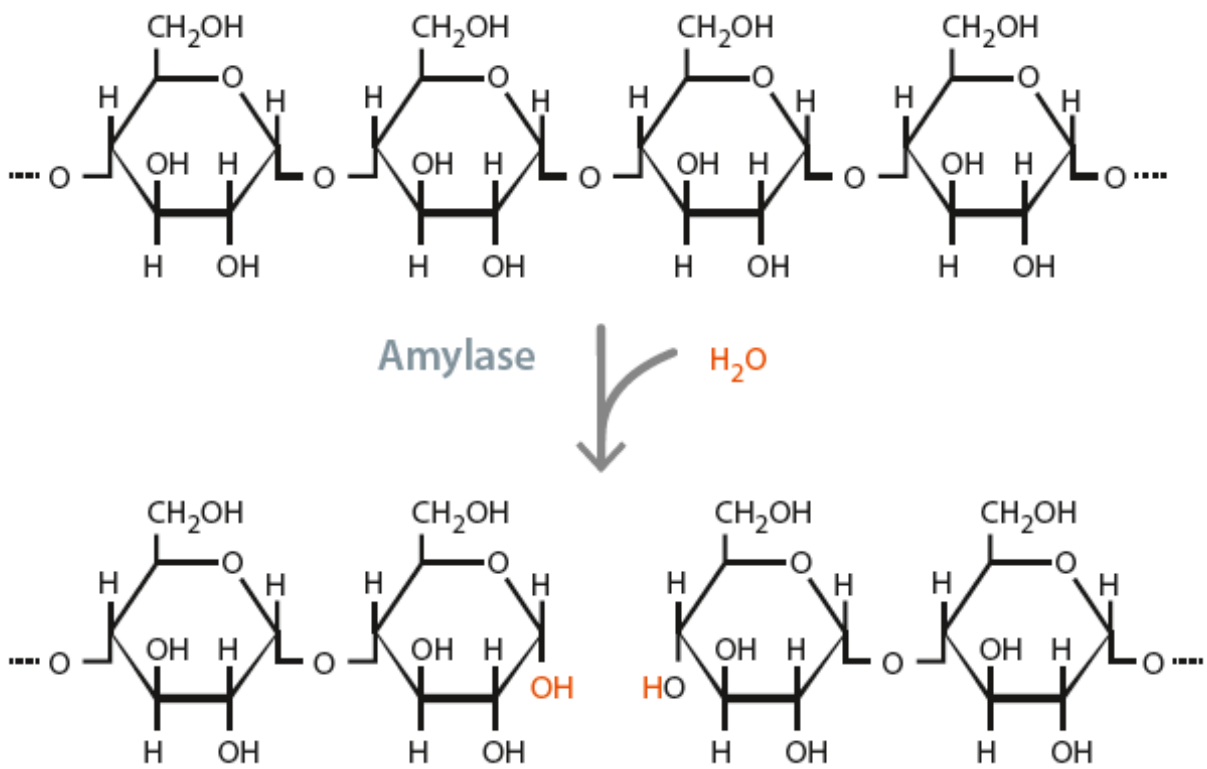


Fig. 6.10

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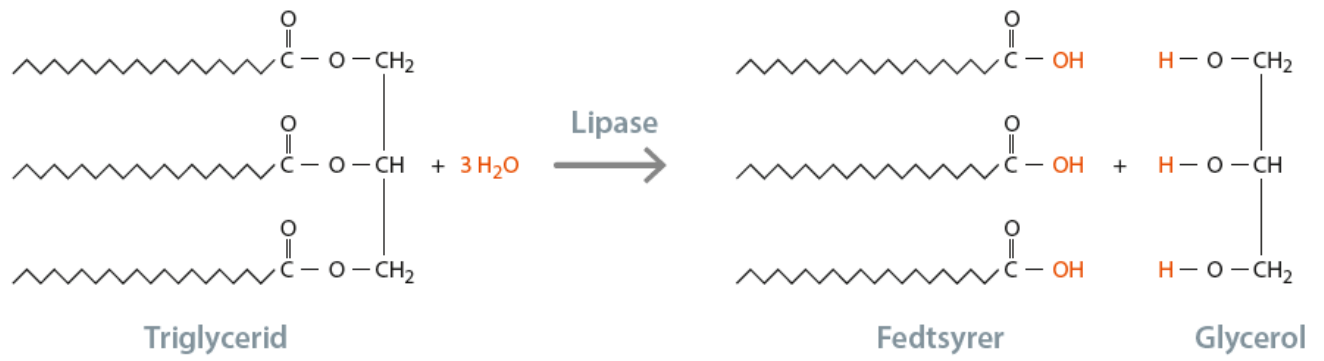


Fig. 6.11

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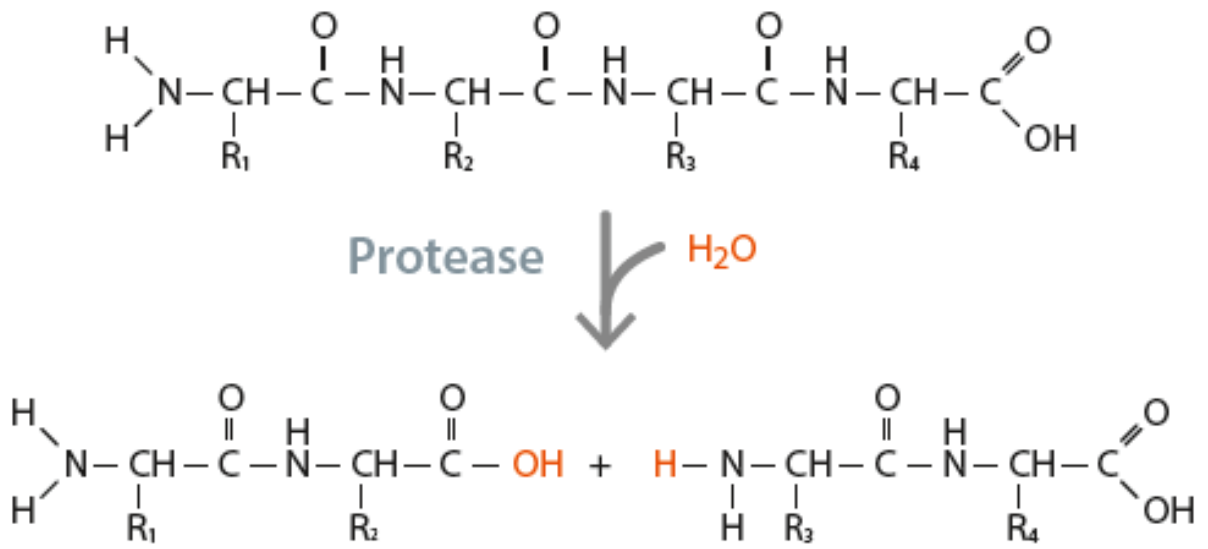


Fig. 6.12

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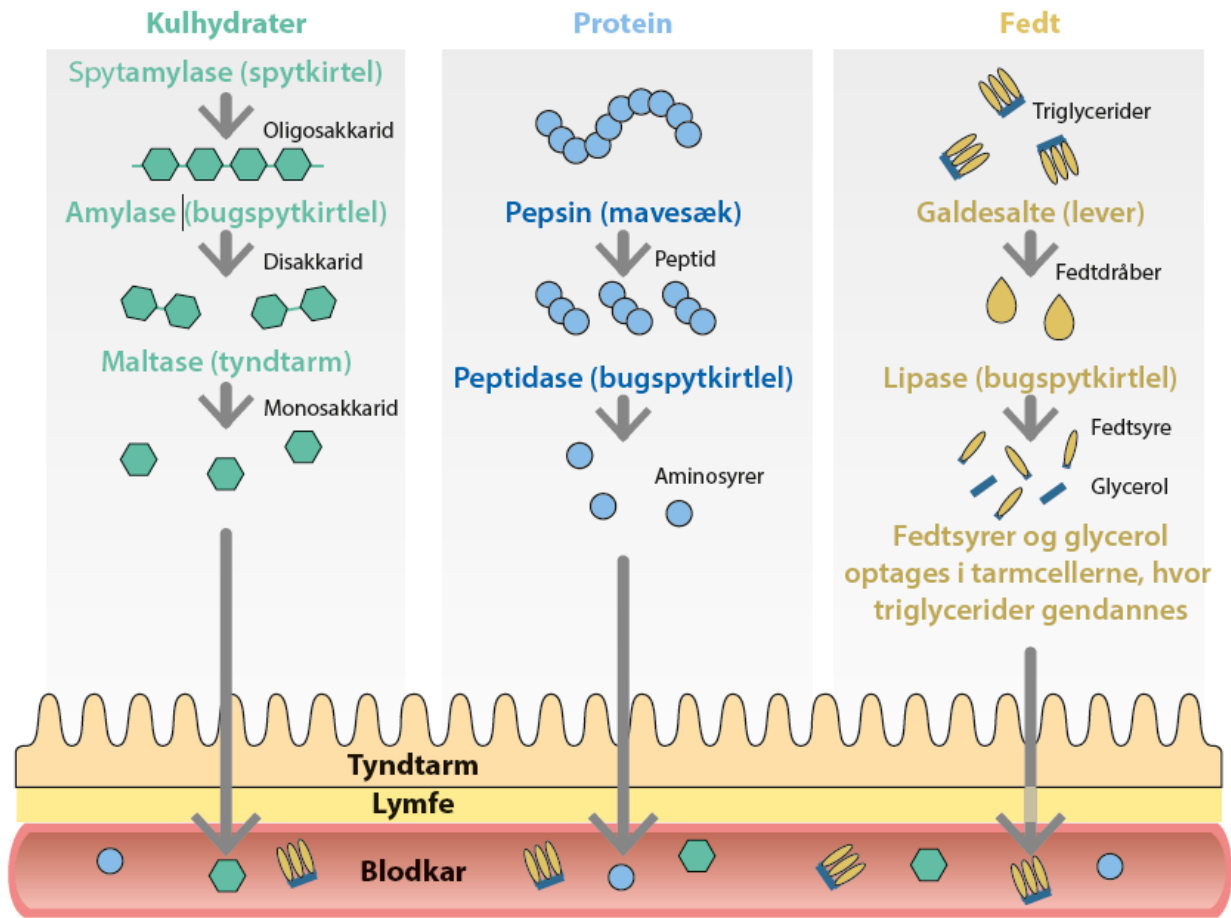


Fig. 6.13



Enzym	Substrat	Findes i	Virkning
Pepsin	Protein	Mavesæk	Spalter peptidbindinger i proteiners indre
Trypsin	Protein	Bugspyt	Spalter peptidbindinger i proteiners indre
Carboxypeptidase	Protein	Bugspyt	Spalter peptidbindinger fra peptidkædens carboxylsyreende
Lipase	Fedtstoffer	Bugspyt	Spalter triglycerider til glycerol og fedtsyrer
Gastrisk lipase	Fedtstoffer	Mavesæk	Spalter triglycerider til glycerol og fedtsyrer
Spytamilase	Stivelse	Spyt	Spalter amylose og amylopectin til glukose og maltose
Amylase	Stivelse	Bugspyt	Spalter amylose og amylopectin til glukose og maltose
Maltase	Maltose	Bugspyt	Spalter maltose til to glukosemolekyler
Laktase	Laktose	Tyndtarmens slimhinde	Spalter laktose til glukose og galaktose

Fig. 6.14

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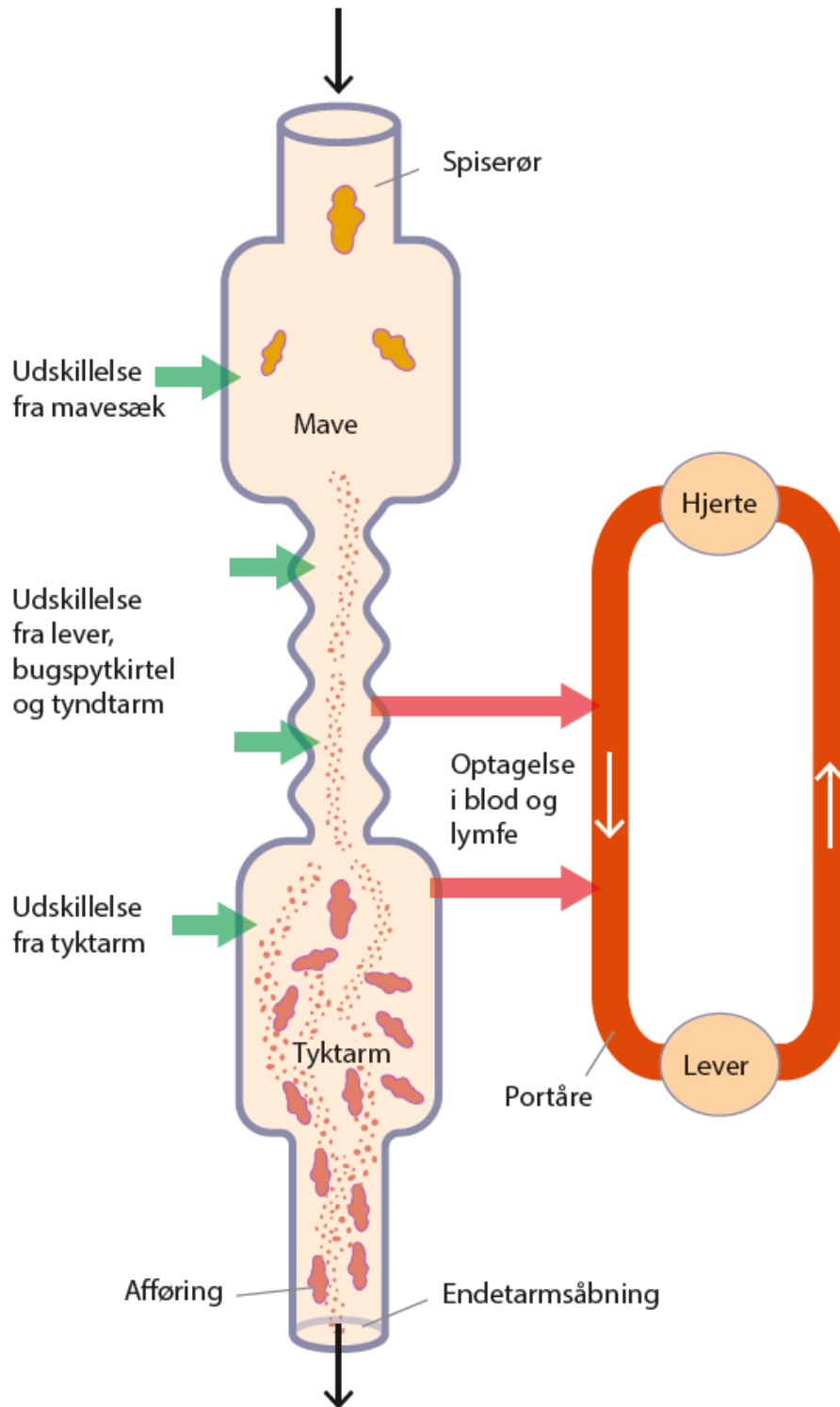


Fig. 6.15

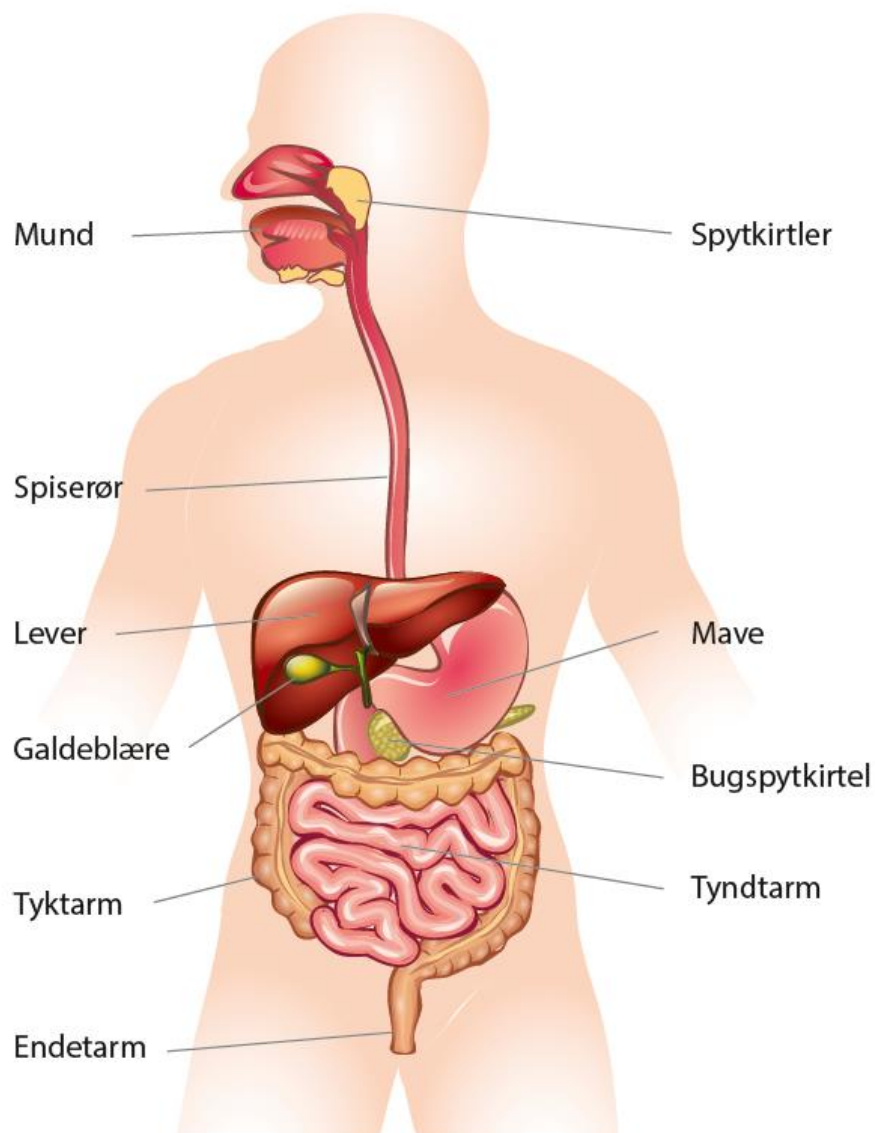


Fig. 6.16

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- Polær (vandopløselig) del
- Upolær (vandskyende) del

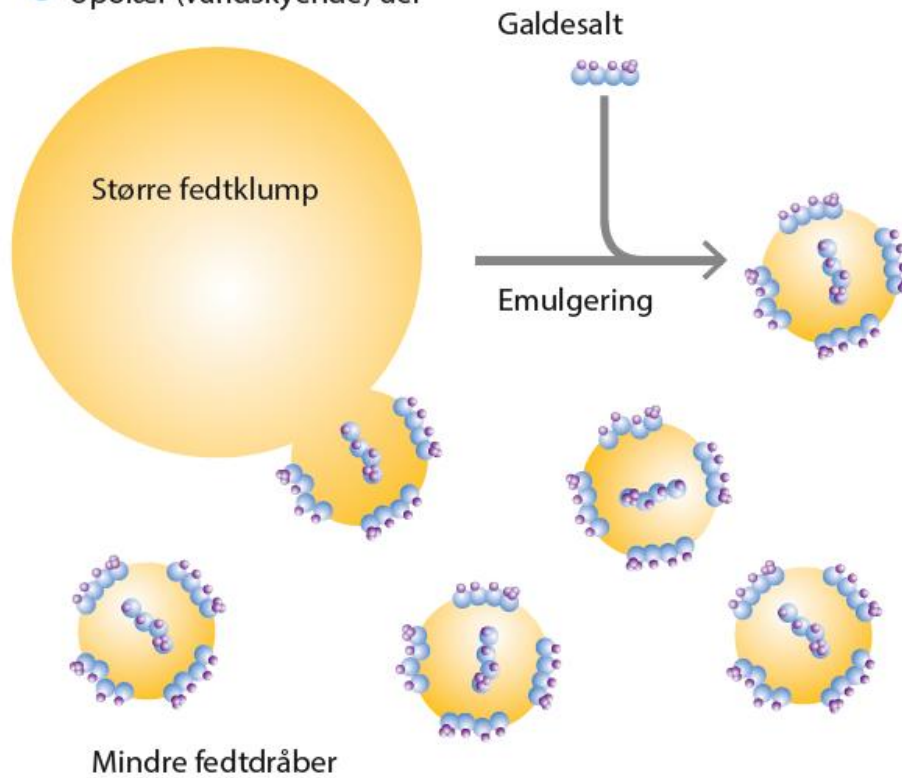


Fig. 6.17

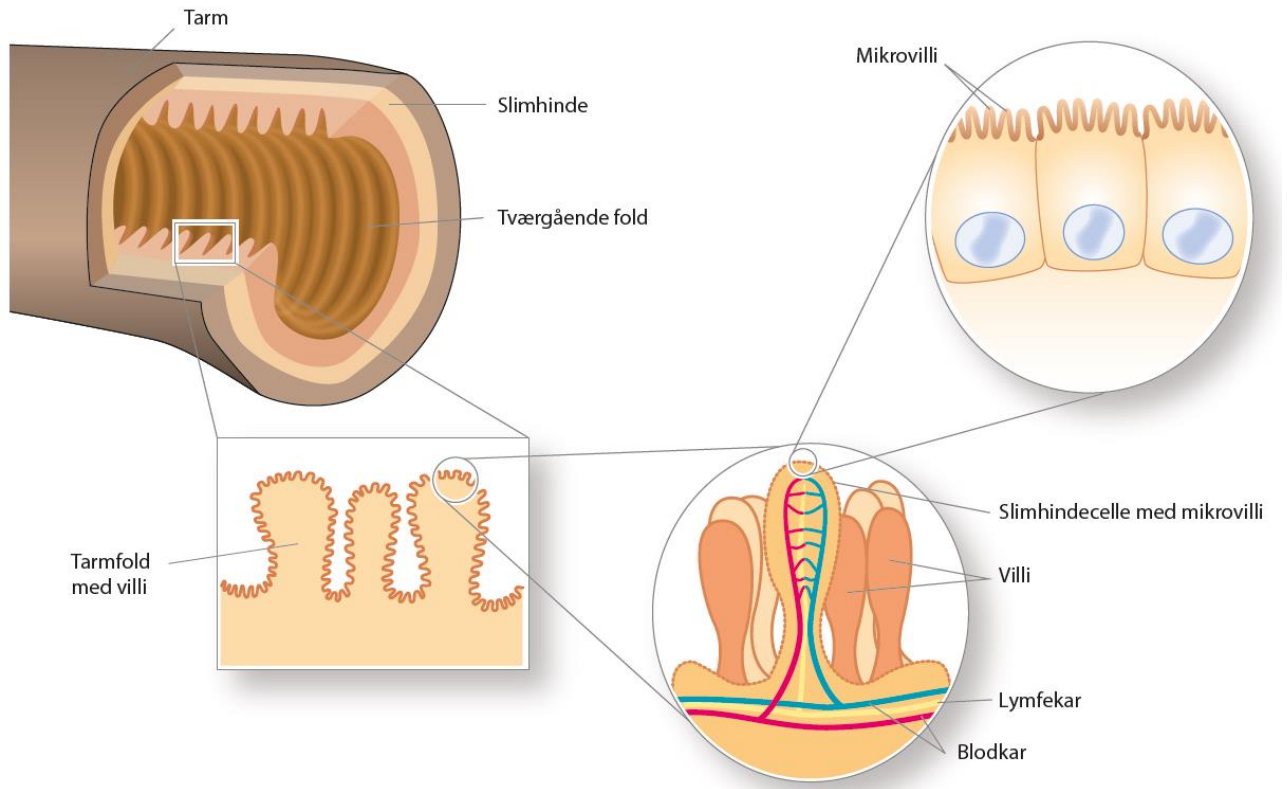


Fig. 6.18

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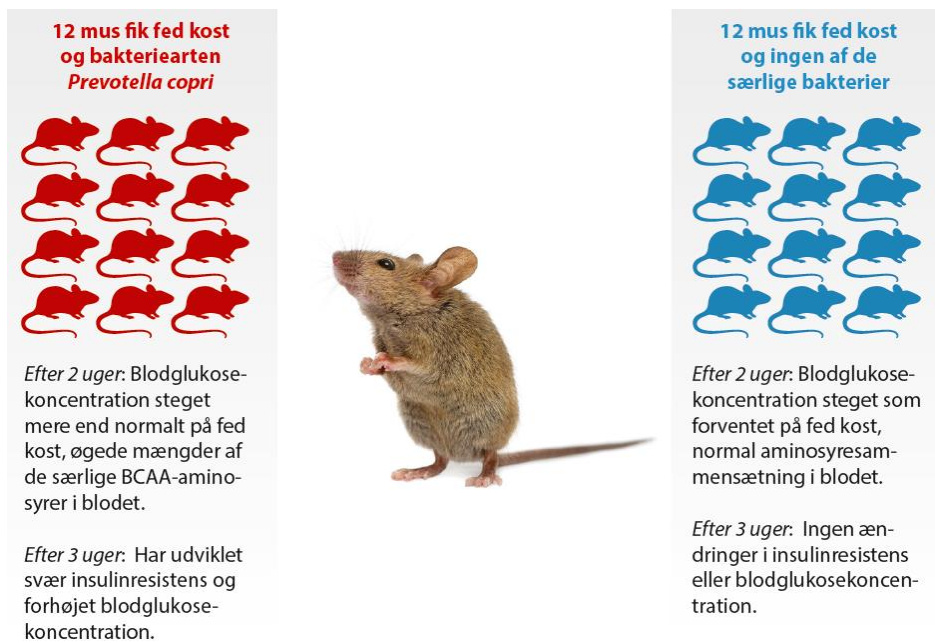


Fig. 6.20

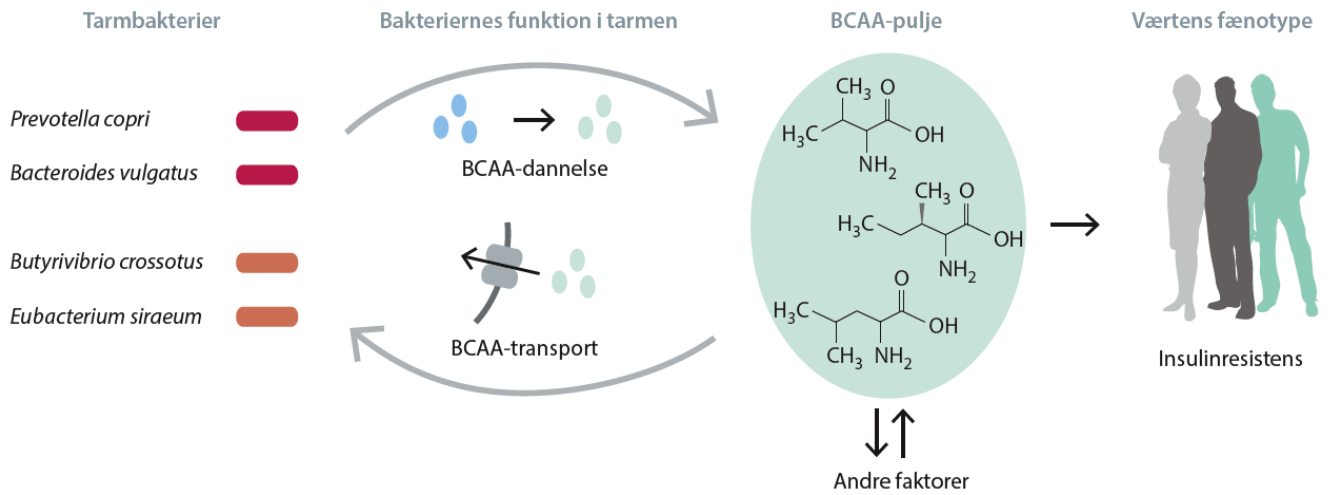
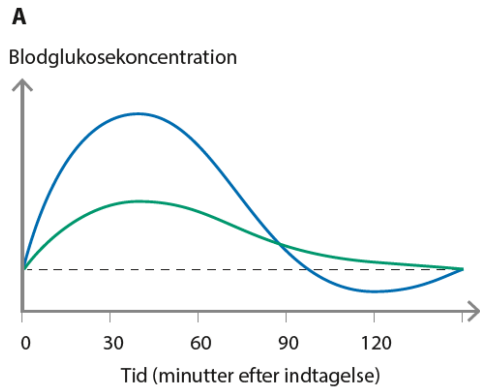


Fig. 6.21

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B

Fødevarer	Glykæmisk indeks (Glukose, GI = 100)	Fødevarer	Glykæmisk indeks (Glukose, GI = 100)
Brød		Pasta	
Franskrød, lyst	70	Spaghetti, hvid	41
Rugbrød	64	Spaghetti, fuldkorn	37
Morgenmad		Frugt	
Cornflakes	84	Banan, moden	54
Havregryn	42	Banan, umoden	30
Korn, kerner, ris		Vindruer	46
Ris, hvide	58	Kiwi	53
Ris, brune	55	Mango	56
Mælkeprodukter		Pære	37
Sødmælk	27	Rosiner	64
Skummetmælk	32	Æble	38
Grøntsager og bælgfrugter		Snacks og søde sager	
Gulerødder	72	Chokolade	49
Kartofler, kogte	56	Honning	73
Bønner, kidney	27	Peanuts	14
Linser	29	Popcorn	5
Ærter	33	Sukker (sukrose)	65

Fig. 6.23

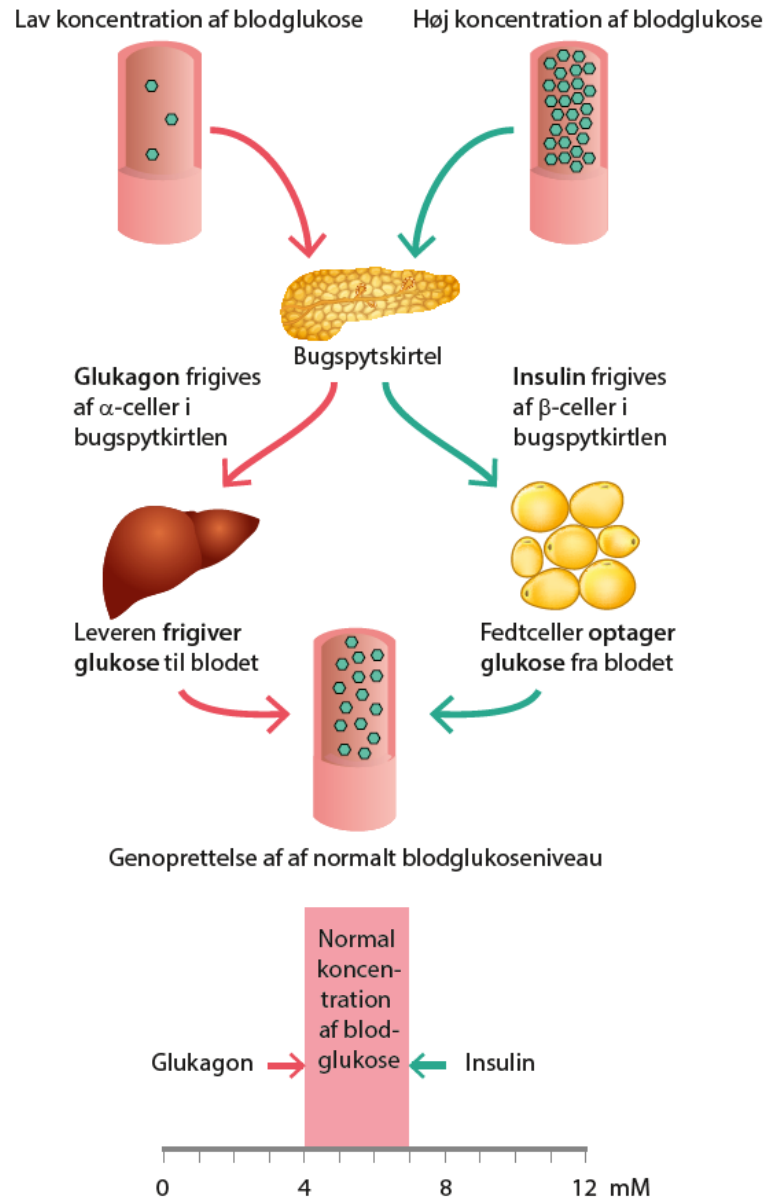
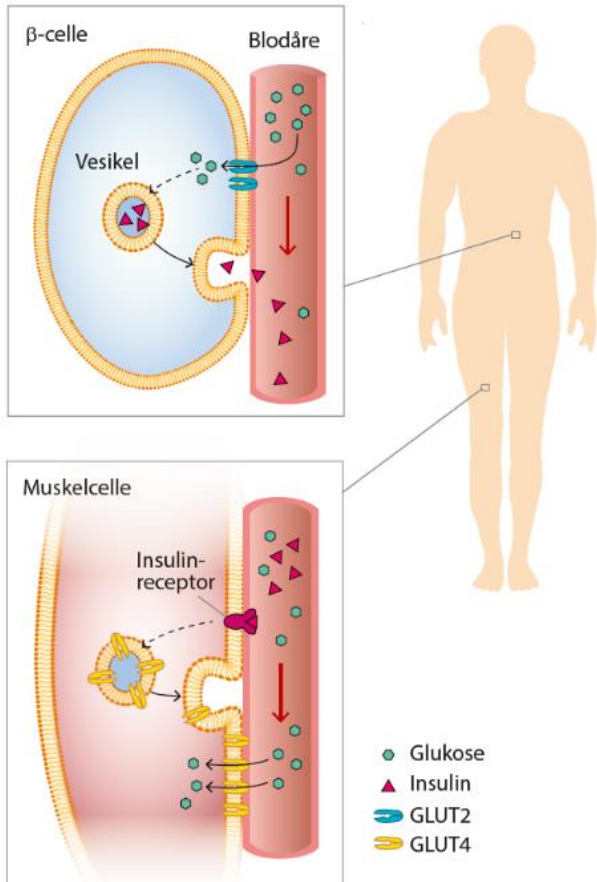


Fig. 6.24

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A



B

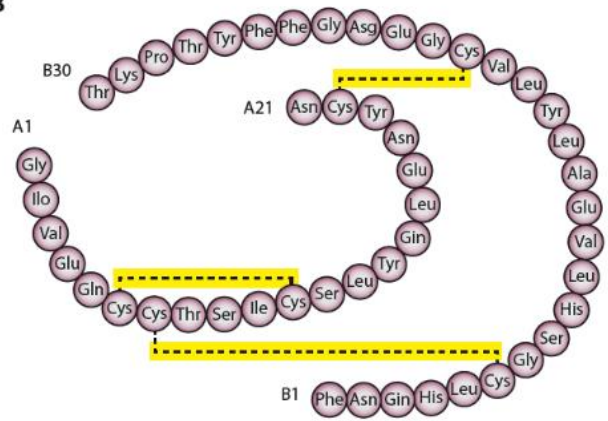


Fig.6.25

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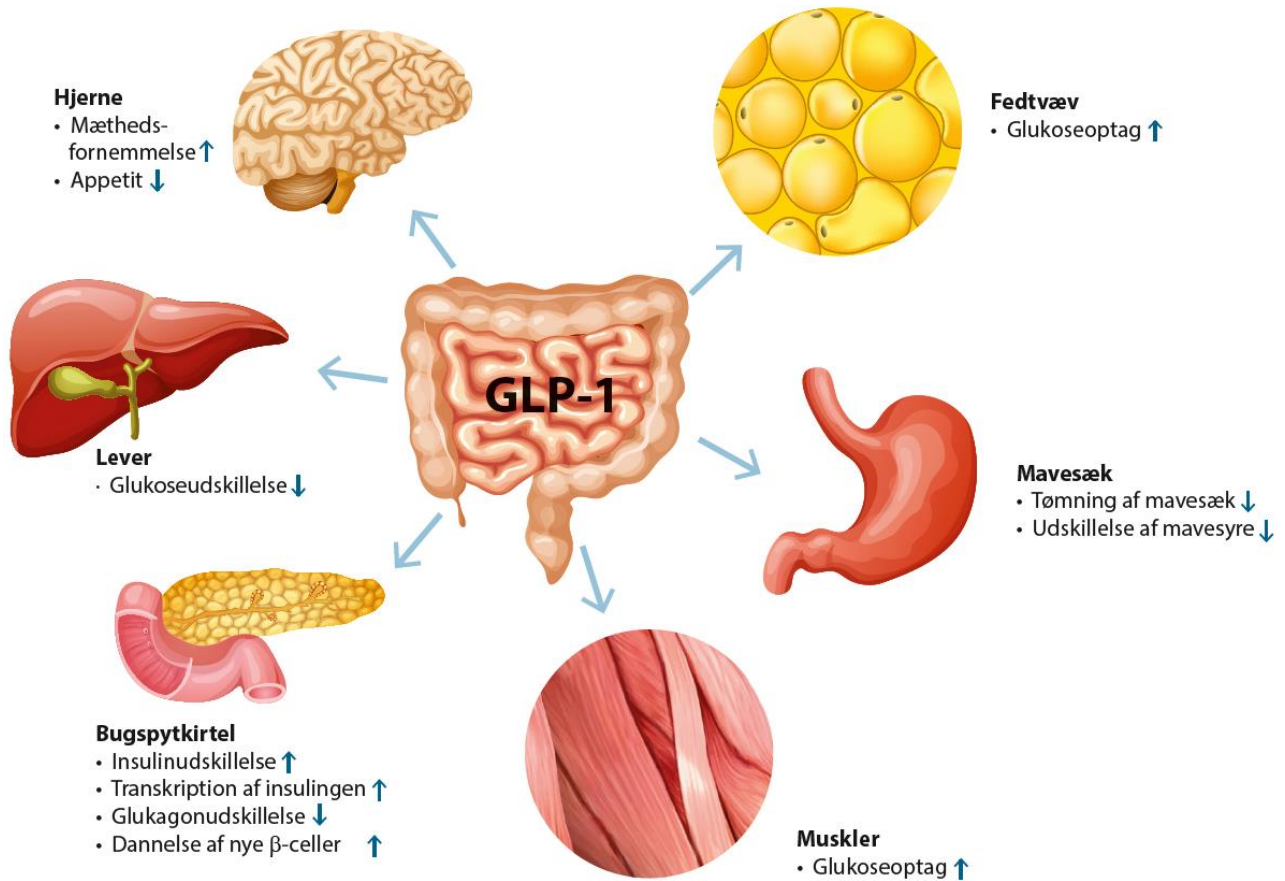


Fig. 6.26

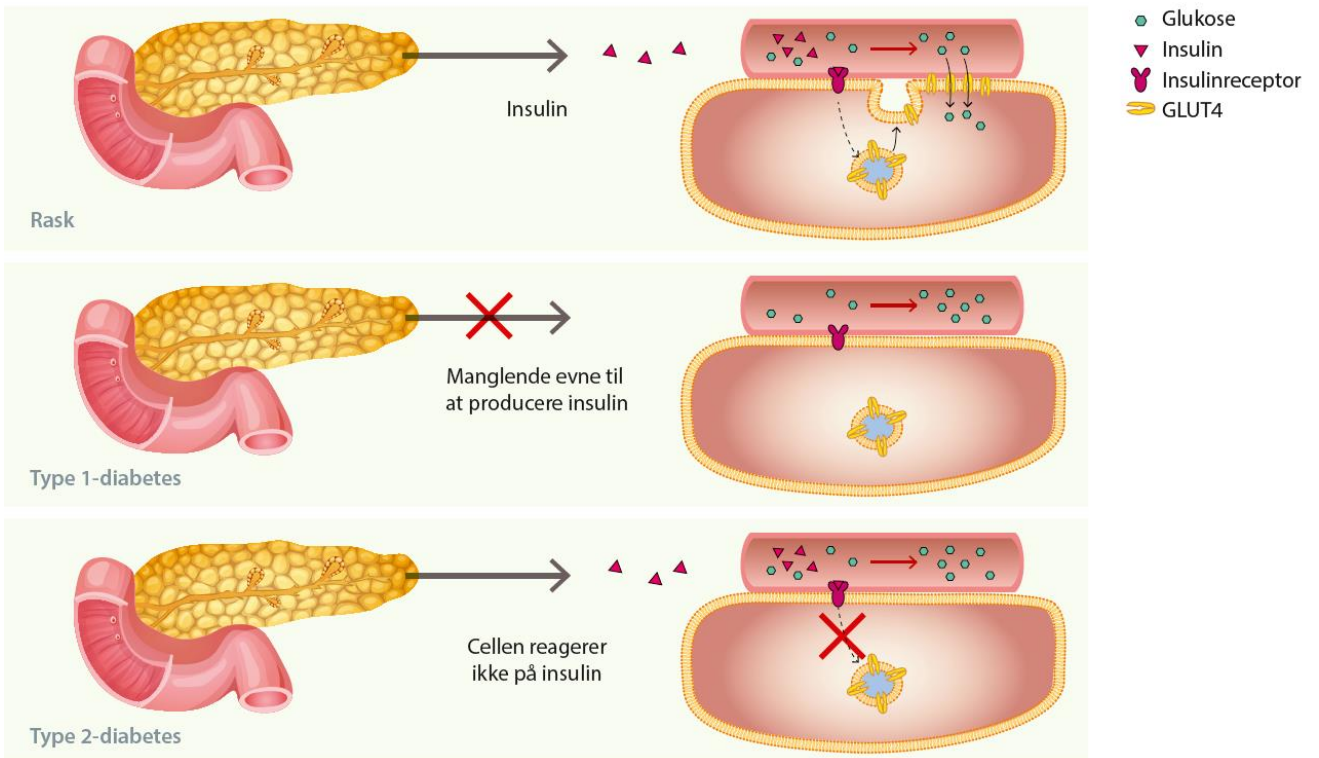


Fig. 6.27

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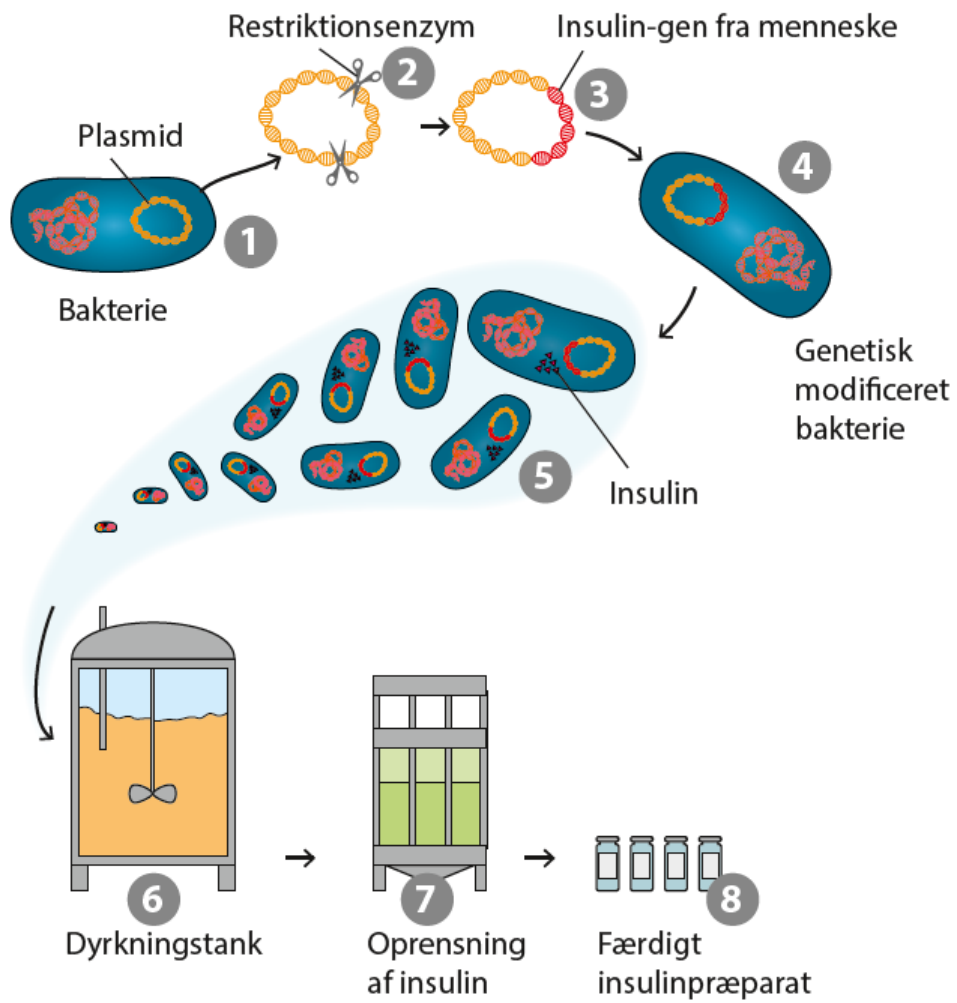


Fig. 6.29

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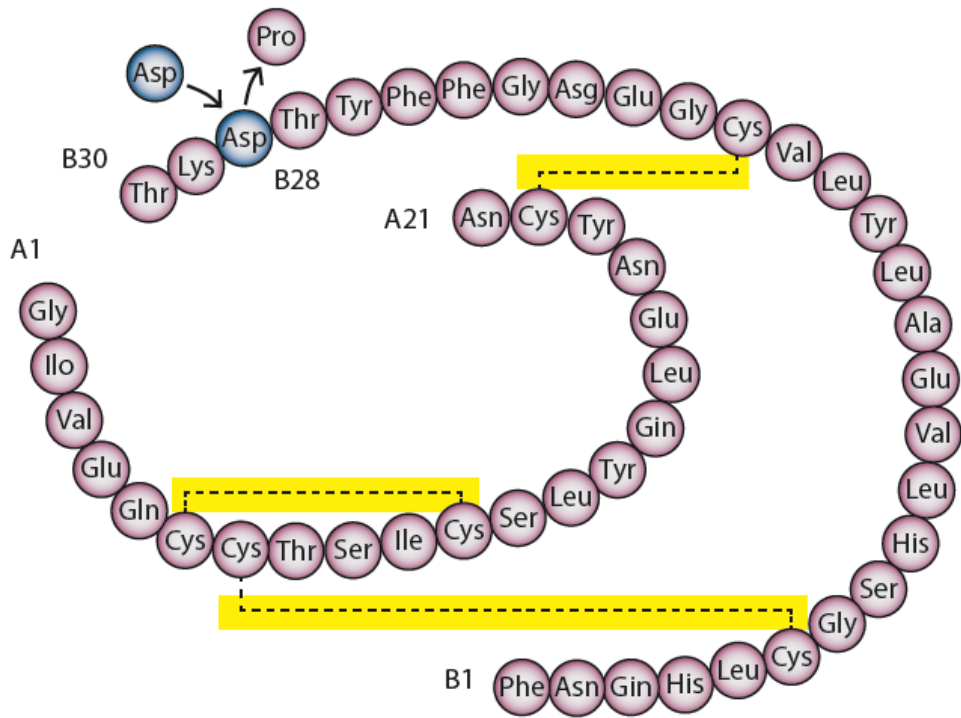


Fig. 6.30

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