

Abstract

Aminoacids have an essential role in the fuction of the human metabolism. The most important saturated aminoacids, which are the main component of the proteins. There are 18 aminoacids designated as essential which can not be synthesized in the human organism. This is why they should be asured via noutrishment. The amino acids essential are : valine, leucine, isoleucine, phynilalanine, threonine, lysine, tryptofan, methionine, for the adults, and in the case of the childre we can added the glutamine and histidine. Amino acids are synthetized only bz the vegetable, specially from the grains. The level of amino acids are recommended by FAO and the assimilation of them are very important for the organism. In this study we watching by compare the level of amino acids from the flours obtaining from the wheat, rye, corn, barley, buck-wheat, rice, soya beans, lentil, peas. The level of nutrients of the food products generates the quality of them and the essential method for the resolving of the consumer's. The quality of food products is a means used for a certain purpose, according to which a company or an economic agent exists on the market and it can remain competitive continuously although it develops in a changing environment. The study welcome of the actual tendency by the supplementing of the processing food.

Key words: essential amino acids, nutrition, food safety