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Carbohydrates, Proteins and Fatty Acids: An unfair battle

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Statement of the Problem: Carbohydrates, fatty acids and proteins are the three fundamental macromolecules of diet. Carbohydrates are considered the energy source par excellence. Although it is known that proteins and fats (or their biologically useful products, amino acids and triglycerides) also enter the Krebs cycle in several points, it is the carbohydrate that take the center stage in every dietetic advice. By reviewing the literature concerning the amounts, sources, functions and bioprocesses through which all three macromolecules interact with the human body, it shall be shown that proteins and fats should have greater importance up to dwarfing that of carbohydrates. Being too energetic, carbohydrates should be limited to avoid the negative health consequences. Since the human body is composed essentially of proteins and fats and because these two have multiple essential functions that carbohydrates cannot perform, their relative quantities should be drastically changed with respect to the standard 'eatwell plate'. Hence, the respective 'food pyramid' should also be amended to reflect the manifold functionalities of these vital macromolecules. Finally, by analyzing the sources of fatty acids and proteins in relation to their uses in the human body, a more detailed picture of the food recommendations will emerge to highlight the higher standing of vegetables with respect to fruits.

Biography

Marcello Menapace is a researcher, philosopher, scientist, medical writer and professional regulatory consultant. He has worked in the pharmaceutical industry for over 15 years as a lead consultant and research scientist for various biotech Companies and is a member of the professional organization TOPRA. He is the director of M&Ms Consulting Ltd, a high-end consultancy service organization, He has completed his first Master's degree at the University of Milan (IT) in Chemistry, his second Master's degree in Business Administration (MBA) at the London School of Business and Finance in London (UK) and his PhD in Life Science at the H. S. University in Philadelphia (US). He has published 1 scientific paper on Science and Ethics, will be honourable speaker at the European Congress of Applied Science and is currently collaborating with Biotech Companies to publish other biological and chemical research manuscripts.

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