

Supplementary information, Table S1 Content of free L-amino acids in various food sources (mg/100g)

Food		Fresh matter (FM) or dry matter (DM)	Gln	Glu	Arg
Meat	Pork [1]	FM	65.4-118.2	11.4-13.3	2.7-5.6
	Beef [2]	FM	78.8	16.0	7.8
	Goat [3]	FM	35.5	11.0	12.2
	Chicken [4]	FM	12.4	13.0	6.6
Vegetables	Kale [5]	DM	1250.5 (average)	311.8	180.8
	Spinach [5]	DM	501.4 (average)	462.6	83.6
	Cauliflower [5]	DM	2592.8 (average)	546	188.5
	Broccoli [6]	DM	1052.2-2615.9	389.2-576.7	44.6-200.3
	Potato [7]	DM	719-3177	225-350	97-653
	Tomato [8]	FM	49.6	85.9	3.9
	Cabbage [4]	FM	84	25	26
	Lettuce [4]	FM	155	46	16
	Chinese cabbage [4]	FM	242	94	26
	Carrot [4]	FM	76	8	29
	Cucumber [4]	FM	69	1	5
	String beans [4]	FM	63	39	14
	Garden peas [4]	FM	545	19	76
Fruit and fruit juice	Strawberry [9]	FM	23.2-47.2	5.3-6.9	0.5-0.6
	Pear [8]	FM	86.3	8.2	1.8
	Apple juice [8]	FM	39.9	4.8	1.8
	Sour cherry juice [8]	FM	52.5	7.1	1.6
	White grape juice [8]	FM	41.5	8.3	2.2
Edible fungi	Mushroom [10]	DM	35.1-589.4	16.8-88.8	8.9-106.1
Nuts	Pistachio [8]	FM	39.3	35.6	7.6

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