

**Table 4.2. Essential amino acid requirements (EAA)**

| EAA           | % of protein (1) | % of diet (1) | % of protein (2) | (3) % |
|---------------|------------------|---------------|------------------|-------|
| Arginine      | 4.3              | 1.6           | 4.4              | 1.5   |
| Histidine     | 2.1              | 0.8           | 1.5              | 0.74  |
| Isoleucine    | 2.5              | 0.9           | 2.6              | 0.88  |
| Leucine       | 3.3              | 1.3           | 4.8              | 1.16  |
| Lysine        | 5.7              | 2.2           | 6                | 2     |
| Methionine    | 2.1              | 0.8           | 1.8              | 1.09  |
| Cysteine      | 5.2              | 2             | 0.9              |       |
| Phenylalanine | 3.4              | 1.4           | 3.4              | 2.28  |
| Tyrosine      | 2.6              | 1             | 2.2              |       |
| Threonine     | 3.9              | 1.5           | 3.8              | 1.37  |
| Valine        | 3.6              | 1.4           | 3.4              | 0.28  |
| Tryptophan    | 0.8              | 0.3           | 0.8              | 1.26  |

Source: (1) Nose, 1979, NRC 1993, (2) National Academy Press, Washington D.C, 2/ Ogino (1980a), (3) Lovell 2011