

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

EAA	% of protein (1) <sup>1</sup>	% of diet (1) <sup>1</sup>	% of protein (2) <sup>1</sup>	% (3) <sup>1</sup>
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

<sup>1</sup>Source: (1) Nose (1979) and NRC (1993); (2) Ogino (1980); (3) Lovell (2011).