Calculation PDCAAS (%)

= mg of limiting amino acid in 1 g of test protein / mg of same amino acid in 1 g of reference protein x fecal true digestibility (%) x 100

FAO/WHO/UNU amino acid requirement pattern based amino acid requirements of preschool-age child (FAO 1985)							
		mg/g crude protein					
Amino Acid		**Requirement**		**Value in LBG Protein**		**Factor**	**Contribution**
Isoleucine		28		37		1	28
Leucine		66		63		**0.95**	63
Lysine		58		58		1	58
Total sulfur Amino Ac.		25		29		1	25
Total aromatic Amino Ac.		63		104		1	63
Threonine		34		36		1	34
Tryptophan		11		13		1	11
Valine		35		42		1	35
		320					317
		Final					**0.99**
0.99	x	0.70	x	100%	**0.69**	= is the PDCAAS	

Typical for legumes

FAO/WHO/UNU amino acid requirement pattern based amino acid requirements of adults (FAO 1985)								
		mg/g crude protein						
Amino Acid		**Requirement**		**Value in LBG Protein**		**Factor**	Contribution	**factor/g**
Isoleucine		13		37		1	13	2.8
Leucine		19		63		1	19	3.3
Lysine		16		58		1	16	3.6
Total sulfur Amino Ac.		17		29		1	17	**1.7**
Total aromatic Amino Ac.		19		104		1	19	5.5
Threonine		9		36		1	9	4.0
Tryptophan		5		13		1	5	2.6
Valine		13		42		1	13	3.2
		111					111	
		Final					**1.00**	

The Carob protein **provides 1.7** times the recommendation of mg/g curde protein, based on the lowest value

1.00	x	0.70	x	100%	**0.70**	= is the PDCAAS

Typical for legumes

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