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PROTEIN EFFICIENCY RATIOS - CHART VII

AN INDICATION OF AMINO ACID BALANCE -

BASIC PROTEIN + SUPPLEMENTARY PROTEIN	TOTAL PROTEIN	P.E.R
CORN MEAL, white	6	0.32
WHEAT FLOUR, white	8	0.71
RYE FLOUR	6	1.29
RICE	5	1.32
CHICKPEA	10	1.59
MILLET, Pearl	10	1.60
CORN, KAFFIR	10	1.61
SESAME MEAL	10	1.73
SOYBEAN	10	1.77
WHOLE WHEAT	10	1.81
PEANUT MEAL	10	2.09
RICE	10	2.12
SOYBEAN MILK	10	2.57
SUNFLOWER MEAL	10	
WHEAT FLOUR + PEANUT MEAL	34%	1.32
CORN MEAL + PEANUT MEAL	33	1.46
RICE + FOOD YEAST	25	1.49
CORN MEAL + SKIM-MILK SOLIDS	16	1.64
" " + SOYBEAN FLOUR	16	1.66
" " + FOOD YEAST	16	1.75
" " + SOYBEAN MEAL	33	1.76
" " + PEA	50	1.78
WHOLE WHEAT + PEA	50	1.80
WHOLE WHEAT + FOOD YEAST	25	1.80
WHEAT FLOUR + SKIM-MILK SOLIDS	28	1.86
CORN, KAFFIR + CHICKPEA	30	1.89
BARLEY + PEA	50	1.98
PEANUT MEAL + SESAME MEAL	50	1.99
" " + SESAME and CHICKPEA FLOUR	50	2.03
" " + SUNFLOWER MEAL	50	2.14
CHICKPEA + SESAME	50	2.15
MILLET + CHICKPEA	30	2.16
WHEAT FLOUR + SOYBEAN MEAL	35	2.16
SOYBEAN + SESAME	35	2.17
WHOLE WHEAT + CHICKPEA	30	2.18
CHICKPEA + SUNFLOWER	50	2.24
SOYBEAN MILK + SESAME	33	2.70

PERCENTAGE OF TOTAL PROTEIN IN DIET PROVIDED BY SUPPLEMENT

after M. Swaminathan, "Availability of Plant Protein," (Table VIII: Supplementary Relations Between Certain Plant Proteins, pp. 211-213) in Anthony A. Albanese, Newer Methods of Nutritional Biochemistry, Academic Press, New York and London, 1967.