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Same Protein, Different Quality: The Protein Digestibility Corrected Amino Acid Score

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Suppose two foods are both labeled as having 20 g of protein. One, like eggs or milk, has the building blocks the body needs in good balance, while the other is short on certain ones. The two proteins would not do the same work in the body. The amount alone does not tell the whole value of a protein, because what it is made of, in what proportions, and how well the body takes it in all come with it. The Protein Digestibility Corrected Amino Acid Score (PDCAAS) is a method that tries to express this difference as one number. In 1989 a joint expert consultation of the Food and Agriculture Organi