

Table (4): Chemical score and limiting amino acids of the school student formulae.

Essential Amino Acid	Whole Egg (E)*	Human Milk (M)**	Chemical score											
			F ₁ S		F ₂ S		F ₃ S		F ₁ T		F ₂ T		F ₃ T	
	Mg (E.A.A)/g protein		F/E X100	F/M X100	F/E X100	F/M X100	F/E X100	F/M X100	F/E X100	F/M X100	F/E X100	F/M X100	F/E X100	F/M X100
Threonine	51	46	41	45	32	36	36	40	40	45	65	72	56	61
Valine	76	60	48	61	31	39	45	58	64	82	52	66	57	72
Methionine	32	16	48	96	19	39	16	32	42	84	41	82	67	134
Isoleucine	56	52	48	52	34	37	79	85	95	103	68	73	49	53
Leucine	83	96	93	80	52	45	86	74	116	100	88	76	82	71
Phenylalanine	51	35	92	134	52	76	106	155	9	133	73	106	82	119
Lysine	63	69	40	36	41	37	59	54	40	37	79	72	51	46
Tryptophan	18	17	93	98	108	114	110	116	97	116	119	126	118	125
First limiting A.A			Lys.	Lys.	Val.	Thre.	Met.	Met.	Phe.	Lys.	Met.	Thre. &lys.	Iso.	Lys.
Second limiting A.A			Thre.	Thre.	Thre.	Iso. &lys.	Thre.	Thre.	Thre. &lys.	Thre.	Val.	Iso.	Lys.	Iso.

E* = Amino acid of whole egg

M** = Amino acid of human milk