

# Understanding Protein Quality



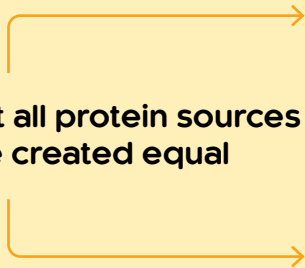
## What is protein quality?

The ability of a dietary protein to meet needs for regular metabolism and maintenance or growth of body tissues, based on the essential amino acid composition and digestibility.

## Why is protein so important?

- ✔ building blocks of your body
- ✔ repairs muscles
- ✔ keeps you full
- ✔ provides energy

Not all protein sources are created equal



### Animal-based protein sources:

- ✔ are packed with a full complement of essential amino acids
- ✔ protein is digested at a rate above 90%



### Plant-based protein sources:

- ✔ may lack one or more essential amino acids
- ✔ protein is digested in a range of 45–80%<sup>1</sup>



## Eggs are often referred to as the gold standard for protein quality

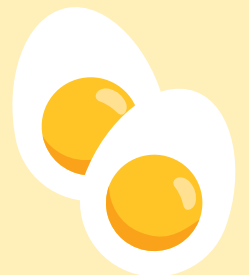
According to the World Health Organization, eggs are the most digestible protein source, measured as 97%, meaning when you eat eggs, your body is able use and digest 97% of protein.<sup>2</sup>

### Just 2 large eggs pack:

- ✔ 160 calories
- ✔ 13 g of high-quality protein
- ✔ all 9 essential amino acids

### Eat the whole egg!

Almost 50% of the egg's protein is in the yolk!



<sup>1</sup> Puglisi MJ, Fernandez ML. The Health Benefits of Egg Protein. *Nutrients*. 2022;14(14):2904. 2022 Jul15.

<sup>2</sup> Food and Agriculture Organization of the United Nations. *United Nations University Protein and Amino Acid Requirements in Human Nutrition*. WHO; Geneva, Switzerland: 2007.