THE FACTOR OF PROTEIN APPROXIMATION TO STANDARD IN PRODUCTS AND DIETS

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The conception of the generalized biological value of protein in products and diets is formulated. The authors suggested the index as a quantitative measure of the determined protein approximation to standard ("ideal") one. It is calculated as an arithmetical average of the corrected scores of the essential amino acids totality. The suggested factor can be used for the comparison of biological and nutritive value of proteins in various multi-purpose products, dishes or diets. It can also be used for the evaluation of the best quality and most prospective products, dishes and diets.

Keywords: diets, products, the generalized biological value of protein, index of protein approximation to standard