

PDCAAS = Protein Digestibility Corrected Amino Acid Score

This is a measure of the amino acid density of the available proteins we can use in our diets. In other words what is the % concentration the 9 essential amino acids in the protein sources that we choose to eat.

Protein source	PDCAAS
Whey protein	100% (1.0)
Casein protein	100% (1.0)
Egg white protein	100% (1.0)
Soybean protein concentrate	99% (0.99)
Milk protein	95% (0.95)
Soybean protein isolate	92% (0.92)
Quinoa	85% (0.85)