

Food	PDCAAS	DIAAS
Whey Protein Isolate	1.00	1.09
Whey Protein Concentrate	1.00	0.97
Soy Protein Concentrate	0.98	0.90
Pea Protein Concentrate	0.89	0.82
Rice Protein Concentrate	0.42	0.37
Chicken breast	1.00	1.08
Cooked peas	0.60	0.58
Cooked rice	0.62	0.59
Almonds	0.39	0.40
Chickpeas	0.74	0.83

Table 1: Protein Quality Comparison Chart of Different Protein Sources