

Protein Type	PDCAAS	DIAAS	BV	PER
Whey Protein	1.00	1.09	100	3.2
Soy Protein Isolate	1.00	0.90	74	1.8
Casein	1.00	1.20	77	2.9
Egg White Protein	1.00	1.10	83	2.9
Wheat Gluten	0.25	0.43	54	1.5
Pea Protein Concentrate	0.89	0.82	65	1.6

Table 2: Protein Quality Comparison Chart Using Multiple Methods

*References:

1) Rutherfurd, S. M; Fanning, A. C; Miller, B. J; Moughan, P. J (2014). "Protein Digestibility-Corrected Amino Acid Scores and Digestible Indispensable Amino Acid Scores Differentially Describe Protein Quality in Growing Male Rats". Journal of Nutrition. 145 (2): 372–9. doi:10.3945/jn.114.195438. PMID 25644361.

2) Hoffman, J. R; Falvo, M. J (2004). "Protein - Which is Best?". Journal of sports science & medicine. 3 (3): 118–30. PMC 3905294 Freely accessible. PMID 24482589.

3) Adapted from U.S. Dairy Export Council Ref Manual 2nd ed. and Journal of Sports Science and Medicine (2004)