

PROTEIN QUALITY ASSESSMENT IN FOLLOW-UP FORMULA FOR YOUNG CHILDREN AND READY TO USE THERAPEUTIC FOODS (REPORT OF THE FAO EXPERT WORKING GROUP, 2017)

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Overview

This document is a Food and Agriculture Organization report on Protein Quality Assessment and provides important information on protein quality in follow-up formulas and ready-to-use therapeutic foods (RUTF). The document includes amino acid requirements and reference patterns for children of different age groups, methods for determining protein and amino acid digestibility and it provides guidelines on calculating the Protein Digestibility-Corrected Amino Acid Score (PDCAAS) to assess protein quality in children's foods.

Important tables and figures in the document include: Table 1 (p.x) which lists the protein and amino acid requirements for follow-up formula and therapeutic foods. EAR and safe level of protein intake for children aged 1–2.9 years are provided in Table 2. Figure 1 (p.9) also illustrates true ileal protein digestibility, which helps to better understand how protein quality is assessed in dietary proteins. Further tables and figures can be found throughout the document, and are listed on page iv.

This document provides useful information to understand the nutritional needs of young children and the technical aspects involved in food products designed to meet these needs.

Link to Document

[**FAO-Protein Quality assessment of follow up formula and RUTF**](#)