

CONTENTS

Sources of data	1
Procedures and problems in compiling data	2
Discussion of data in table 1	6
Discussion of data in table 2	46
Published sources of data used in amino acid tables	66
Literature cited	81

TABLES

Table 1.--Amino acids per gram of total nitrogen in edible portion of foods:

Milk; milk products	8
Eggs	10
Meat; poultry; fish; and their products	10
Legumes (dry seed); nuts; other dry seeds	16
Grains and their products	24
Fruits	32
Vegetables	34
Miscellaneous food items	44

Table 2.--Amino acid content of foods, 100 grams, edible portion:

Milk; milk products	48
Eggs	48
Meat; poultry; fish; and their products	48
Legumes (dry seed); nuts; other dry seeds	54
Grains and their products	56
Fruits	60
Vegetables	60
Miscellaneous food items	64