

The Reference Protein

Why nutrition science measures every other protein against the egg

2.8gESSENTIAL
AMINO ACIDS

All nine essential amino acids

An egg carries all nine amino acids the body cannot build on its own, about 2.8 grams worth. That completeness is exactly what protein quality is measured against.

Source: [USDA FoodData Central](#)

0.55g

LEUCINE

Leucine sparks muscle repair

Leucine is the amino acid that most directly signals muscle tissue to start rebuilding after use. One egg carries about 0.55 grams of it.

Source: [USDA FoodData Central](#)

0.46g

LYSINE

Lysine, what grains lack

Wheat and rice run short on lysine, an amino acid the body cannot make. An egg alongside roti or rice fills exactly that gap, about 0.46 grams worth.

Source: [USDA FoodData Central](#)

97%PROTEIN
DIGESTIBILITY

Almost all of it gets used

Digestibility measures how much of a protein the gut actually breaks down and absorbs rather than passing through unused. Egg protein is absorbed at about 97 percent.

Source: [NIH](#)

101DIAAS

AMINO ACID SCORE

Scored above the reference line

DIAAS is the current scientific method for scoring protein quality. Egg protein scores 101, above the 100 mark FAO sets for excellent quality protein.

Source: [NIH](#)

IN SHORT

A protein this complete and this well used belongs on every Multan breakfast table.

References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
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