



Protein and Amino Acid Requirements in Human Nutrition: Report of a Joint WHO/FAO/UNU Expert Consultation (WHO Technical Report Series)

World Health Organization

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The World Health Organization and the Food and Agriculture Organization have worked to quantify the energy and nutrient needs of populations since 1949. This is the latest in a series of reports that aim to provide updates on protein and amino acid requirements in health and disease for all age groups and pregnant and lactating mothers; recommendations on protein requirements in health and disease including their implications for developing countries and recommendations on protein quality and labeling for worldwide use.

This report provides the tools to address practical questions on the adequacy of food supplies targets for food and nutrition policy and labeling of protein quality. It contains specific recommendations for infant child and adult nutrition. This report is an essential reference to those who need to determine the adequacy of population food intakes; set national food and nutrition guidelines and regulations on the protein and amino acid content of industrially processed foods; determine nutrient needs and evaluate and ensure the adequacy of rations for vulnerable groups. The tools in this report can also be used to map and monitor global food shortages and under-nutrition through early warning systems.

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