

ESSENTIAL AMINO ACIDS: PROTEIN SOURCE GUIDE

Reference Chart for Daily Nutrition

PROTEIN SOURCE	TYPE	PRIMARY ESSENTIAL AMINO ACIDS	BIOAVAILABILITY
Eggs (Whole)	Complete	Leucine, Valine, Isoleucine, Lysine	Highest (100)
Chicken Breast	Complete	Histidine, Lysine, Threonine, Tryptophan	High
Quinoa	Complete	Lysine, Methionine, Phenylalanine	Medium
Greek Yogurt	Complete	Leucine, Lysine, Valine	High
Lentils	Incomplete	Lysine, Threonine (Low in Methionine)	Medium
Soybeans (Tofu)	Complete	Isoleucine, Lysine, Phenylalanine	Medium-High
Pumpkin Seeds	Incomplete	Leucine, Valine, Tryptophan	Medium
Salmon	Complete	All 9 EAAs (High in Leucine)	High

Note: Complete proteins contain all nine essential amino acids in sufficient quantities.