

Tabel Skor Asam Amino berdasarkan Standar FAO/WHO (2013)

No.	Asam Amino Esensial	Skor Asam Amino
1	Isoleusin	21
2	Leusin	55
3	Lisin	96
4	Metionin + Sistin	69
5	Fenilalanin + Tirosin	33
6	Treonin	94
7	Triptofan	44
8	Valin	17