

1. **Biological value** (BV) is a measure of the proportion of absorbed **protein** from a food which becomes incorporated into the **proteins** of the organism's body. It captures how readily the digested **protein** can be used in **protein** synthesis in the cells of the organism. **Proteins** are the major source of nitrogen in food.
2. **Methods** of Estimating **Protein Quality**.
3. Biological Value (BV)
4. Net **Protein** Utilization (NPU)
5. Amino Acid Score.
6. Critique.
7. Other **Methods** of Estimating **Protein Quality**.
8. **Protein** Efficiency Ratio (PER)
9. Net **Protein** Ration (NPR)
- 10.