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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. BV assumes protein is the only source of nitrogen and measures the proportion of this nitrogen absorbed by the body which is then excreted. The remainder must have been incorporated into the proteins of the organism’s body.
2. Current protein quality methods assess animal growth (protein efficiency ratio) or, in humans, is nitrogen balance, where both digestibility and the suitability of the amino acid pattern of absorbed amino acids (biological value) determine net protein utilization. The practical difficulties and poor sensitivity of the nitrogen balance method has led to the adoption of the protein digestibility-corrected amino acid score (PDCAAS) approach.