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Physiology

BCH 204

Questions

1. WHAT DO YOU UNDERSTAND BY THE TERM ''BIOLOGICAL VALUE OF PROTEINS"

2. LIST AND EXPLAIN THE VARIOUS METHODS OF ASSESSMENT OF PROTEIN QUALITY.

Answers

1. The biological value of proteins is used to measure how well the protein is digested, absorbed and retained by the body once consumed. In other words, the BV can be used to show protein efficiency. The efficiency is based on the ratios of the different amino acids, as well as how long the protein remains in the body (retention). 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 amount of nitrogen ingested in relation to the amount which is subsequently excreted. The remainder must have been incorporated into the proteins of the organisms body. A ratio of nitrogen incorporated into the body over nitrogen absorbed gives a measure of protein "usability" – the BV.
2. Biological Value (BV):

Biological value, as defined by Thomas (4) and Mitchell (5,6) has long been considered the method of choice for estimating the nutritive value of proteins. It has been defined as the "percentage of absorbed nitrogen retained in the body" and a complete evaluation of the dietary protein includes measurement of the Biological Value and the Digestibility. These values are obtained by measuring the fecal and urinary nitrogen when the test protein is fed and correcting for the amounts excreted when a nitrogen-free diet is fed. True digestibility is defined as the percentage of food nitrogen absorbed from the gut.

Net Protein Utilization (NPU):

Like Biological Value, NPU estimates nitrogen retention but in this case by determining the difference between the body nitrogen content of animals fed no protein and those fed a test protein. This value divided by the amount of protein consumed is the NPU which is defined as the "percentage of the dietary protein retained". Miller (12) proposed a procedure which involved replicate groups of 4 weanling rats housed in group cages which were fed either the "protein-free" or the "test" diet for 10 days. These conditions were chosen empirically and the particular merits of these conditions remain to be demonstrated. Since in young animals there is a high correlation between body nitrogen and body water content (13-16), the substitution of body water measurements for body nitrogen measurements has been widely used. Indeed, measurement of body water may be more accurate than measurement of body nitrogen because sampling errors are eliminated; also, it is much more convenient and less expensive.

Amino Acid Score

Block and Mitchell (17) originally proposed that since all amino acids must be

present at the site of protein synthesis in adequate amounts if protein synthesis is

to proceed, a comparable deficit of any amino acid would limit protein synthesis to

the same degree. Thus, they suggested that if the composition of an "ideal protein"

was known, i.e., a protein which contained every essential amino acid in sufficient

amounts to meet requirements without any excess, then it should be possible to

compute the nutritive value of a protein by calculating the deficit of each essential

amino acid in the test protein from the amount in the "ideal protein". The "most

limiting amino acid", the one in greatest deficit, would presumably determine the

nutritive value.

Critique

As has been stated, the use of estimates of protein quality to calculate the amount

of protein needed to meet requirements when different diets are consumed requires

that the estimate of quality vary in some known fashion, preferably in linear fashion,

from zero to 100% utilization. Actually, when Block and Mitchell (17) first proposed

the use of Amino Acid Scores (Fig. 1), they found that Biological Value did not

follow the predicted relationship with Amino Acid Score. Rather, the regression line

relating BV and Amino Acid Score indicated that proteins completely lacking an

essential amino acid and which would therefore have an Amino Acid Score of zero

would apparently yield a BV of approximately 25% This would mean that the

requirement could be met with such proteins if they were fed at a level providing

four times the estimated minimal protein requirement. This presumably cannot be

true since it would imply that the protein needs could be met without a supply of all

of the essential amino acids.

**Other Methods of Estimating Protein Quality**

Protein Efficiency Ratio (PER)

As has been indicated, qualitative differences in protein quality can be demonstrated by many methods. Protein Efficiency Ratio (PER) has been the method most widely used because of its simplicity. Osborne, Mendel and Ferry (30) observed that young rats fed certain proteins gained little weight and ate little protein whereas those which were fed better quality proteins gained more weight and consumed more protein. In an attempt to compensate for the difference in food intake, they calculated the gain in weight per gram of protein eaten and this has been called PER. It is known that the PER for any protein is dependent upon the amount of protein incorporated in the test diet. Standardized conditions have therefore been proposed (31). These include the use of 10 weanling rats per test group, diets containing 9.09% protein (N × 6.25), a test period of 4 weeks' duration, and that each experiment include a group which receives standardized casein. The PER is calculated as the average total weight gain divided by the average grams of protein consumed. Since PER in various laboratories was not constant for the same protein, it was recommended that a corrected value be calculated using an assumed PER of the standardized casein of 2.50 (Corrected PER = 2.50 × PER/PER of reference casein).

Net Protein Ration (NPR)

A major criticism of the PER has been that it does not take into account the protein

required for maintenance since only gain in weight is used in the calculation.

Bender and Doell (36) suggested that this criticism could be avoided by the

inclusion in each test of a group of animals fed a protein-free diet. Net Protein Ratio

(NPR) was then calculated as the overall difference in gain (gain in weight of the

test group plus loss in weight of the protein-free group) divided by the protein eaten.

It is apparent that if body composition is constant, this procedure is identical to NPU

except that it is expressed in arbitrary units which are less useful than the

percentage of protein utilized. The weaknesses are, of course, identical with those

discussed under NPU.

Relative Nutritive Value (RNV)

Hegsted et al. (34, 37, 38, 39) proposed a slope-ratio assay using rats in which the

slope of the regression line relating body protein (or body water) of a standard

protein (egg protein or lactalbumin) assumed to have maximal nutritive value was

compared to that of the test protein. The tacit assumption made in the

measurement of NPU or BV that these values are independent of the level of

protein fed is thus tested in this procedure. As in the calculation of NPU and BV the

original assumption was made that the regression line should bisect the Y axis at

the point defined by the group fed the protein-free diet. As has already been

discussed above, this often and perhaps, usually, does not happen. The regression

lines above the maintenance level of intake are, however, linear over a substantial

range of intakes with young growing rats (40) contrary to the conclusions of Miller

and Payne (28). In young growing rats where maintenance requirements are

relatively small compared to the growth requirements, this method is probably the

most logically defensible of the assays available as an estimate of the protein

quality for growth. The important question remains as to whether estimates of

protein quality for growth in young rats are adequate estimates of quality for man

including those of the young infant. Presumably, many proteins will be more

efficiently utilized in human beings than they are for young growing rats.

Nitrogen Balance Index

Allison and Anderson (41) showed, as has been discussed above, that Biological

Value is the slope of the regression line relating nitrogen balance and nitrogen

intake and suggested that this might have certain advantages in practice over the

usual method of determining BV. The concept of this index is rather similar to

Relative Nutritive Value discussed above. Since it is becoming increasingly clear

that nitrogen retention is not linearly related to nitrogen intake in the region of intake

below maintenance, the validity of this index requires confirmation.

Tissue Regeneration

A variety of techniques involving the recovery of weight or of specific tissues after

protein depletion have been proposed (42, 43, 44, 45). The specific merits of such

assays as opposed to weight gain of young rats, for example, remain to be

demonstrated.

Microbiological Assays

Many micro-organisms require the essential amino acids required by monogastric

animals. If it were possible to find organisms which required not only the same

pattern of amino acids but in the same relative amounts, their growth response

when supplied with limited amounts of various proteins or protein hydrolysates

would provide a simple and efficient assay of nutritive value. Considerable effort

has been directed toward this (46, 47, 48, 49) and it is clear that the responses of

some organisms resemble those observed with some of the rat assays described.

The difficulties are clear, however, since the limitations in the animal assays mean

that they provide an inadequate base for comparison with assays of this kind.

Plasma Amino Acids

As has been indicated in another section of this report, changes in plasma amino

acid levels after the feeding of various proteins can under certain conditions yield

estimates of the nutritional quality. It may be noted, however, that the range of each

of the amino acids in the plasma in normal animals is relatively large. This variability

imposes serious limitations upon the quantitative interpretation of any changes in

the levels observed. Thus, while it may be possible to identify the limiting amino

acid in certain proteins by this technique, the likelihood that good quantitative

assays for nutritional quality can be developed using plasma amino acid levels is

not promising.