|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Amino acid** | **WHO Mg/ 55 kg (121 lbs)** | **WHO Mg/ 80 kg (176 lbs)** | **Good dairy/egg sources (per 200 calories)** | **Best vegan sources (per 200 calories)** |
| **I** [Isoleucine](http://en.wikipedia.org/wiki/Isoleucine) | 1100 | 1600 | Egg whites 2754 mg Cottage cheese lowfat  2022 mg | Soy protein 2650 mgWatercress 1691 mgChard 1540 mgSpinach 1322 mgSunflower seed flour 1474 mgKidney beans 1297 mg |
| **L** [Leucine](http://en.wikipedia.org/wiki/Leucine) | 2145 | 3120 | Egg whites 4233 mgCottage cheese lowfat 3540 mg  | Soy protein 4226 mgWatercress 3017 mgAlfalfa seeds raw 2322 mgKidney beans 2103 mgTofu 2500mgSesame flour 2307 mgSunflower seed flour 2148 mg |
| **K** [Lysine](http://en.wikipedia.org/wiki/Lysine) | 1650 | 2400 | Egg white 3358 mgCream cheese 2859 mgCottage cheese lowfat 2784 mg | Soy protein 3319 mgWatercress 2436 mgTofu 2253 mg |
| **M** [Methionine](http://en.wikipedia.org/wiki/Methionine)+ **C** [Cysteine](http://en.wikipedia.org/wiki/Cysteine) | 825 | 1200 | Egg whites 1660 mg | Sesame flour 994 mgSeaweed spirulina 908 mgSoy protein 690 mg |
| **F** [Phenylalanine](http://en.wikipedia.org/wiki/Phenylalanine)+ **Y** [Tyrosine](http://en.wikipedia.org/wiki/Tyrosine) | 1375 | 2000 | Egg whites 2435 mgCottage cheese lowfat 1856 mgCottage cheese 1489 mgCream cheese 1465 mgCheddar cheese 1363 mg | Soy protein 2862 mgCottonseed flour  1870 mgSesame flour 1596 mgKidney beans 1473 mgSpinach 1428 mg |
| **T** [Threonine](http://en.wikipedia.org/wiki/Threonine) | 825 | 1200 | Egg white 1942 mg | Watercress 2418 mgSoy protein 1755 mgSpinach 1496 mgSesame seed flour 1250 mgSunflower seed flour 1202 mgKidney beans  1230 mg |
| **W** [Tryptophan](http://en.wikipedia.org/wiki/Tryptophan) | 220 | 320 | Egg white 673 mgMozzarella cheese 399 mgCottage cheese lowfat  383 mg | Soy protein  695 mg Spinach 690 mgSesame flour 659 mg Sunflower seed flour 451Watercress  544 mg Turnip greens 400 mgBroccoli rabe 390 mg Asparagus 322 mgKidney beans  303 mg Oat bran  280 mg |
| **V** [Valine](http://en.wikipedia.org/wiki/Valine) | 1430 | 2080 | Egg white 3371 mg | Soy protein 2554 mgWatercress 2491 mgMushrooms, white 193 mgSunflower seed flour 1703 mgSesame seed flour  1682 mgSnow/snap peas  1595 mgKidney beans 1503 mg |