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| --- | --- | --- | --- | --- |
| **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 mg  Watercress 1691 mg  Chard 1540 mg  Spinach 1322 mg  Sunflower seed flour 1474 mg  Kidney beans 1297 mg |
| **L** [Leucine](http://en.wikipedia.org/wiki/Leucine) | 2145 | 3120 | Egg whites 4233 mg  Cottage cheese lowfat 3540 mg | Soy protein 4226 mg  Watercress 3017 mg  Alfalfa seeds raw 2322 mg  Kidney beans 2103 mg  Tofu 2500mg  Sesame flour 2307 mg  Sunflower seed flour 2148 mg |
| **K** [Lysine](http://en.wikipedia.org/wiki/Lysine) | 1650 | 2400 | Egg white 3358 mg  Cream cheese 2859 mg  Cottage cheese lowfat 2784 mg | Soy protein 3319 mg  Watercress 2436 mg  Tofu 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 mg  Seaweed spirulina 908 mg  Soy protein 690 mg |
| **F** [Phenylalanine](http://en.wikipedia.org/wiki/Phenylalanine)+ **Y** [Tyrosine](http://en.wikipedia.org/wiki/Tyrosine) | 1375 | 2000 | Egg whites 2435 mg  Cottage cheese lowfat 1856 mg  Cottage cheese 1489 mg  Cream cheese 1465 mg  Cheddar cheese 1363 mg | Soy protein 2862 mg  Cottonseed flour  1870 mg  Sesame flour 1596 mg  Kidney beans 1473 mg  Spinach 1428 mg |
| **T** [Threonine](http://en.wikipedia.org/wiki/Threonine) | 825 | 1200 | Egg white 1942 mg | Watercress 2418 mg  Soy protein 1755 mg  Spinach 1496 mg  Sesame seed flour 1250 mg  Sunflower seed flour 1202 mg  Kidney beans  1230 mg |
| **W** [Tryptophan](http://en.wikipedia.org/wiki/Tryptophan) | 220 | 320 | Egg white 673 mg  Mozzarella cheese 399 mg  Cottage cheese lowfat  383 mg | Soy protein  695 mg Spinach 690 mg  Sesame flour 659 mg Sunflower seed flour 451  Watercress  544 mg Turnip greens 400 mg  Broccoli rabe 390 mg Asparagus 322 mg  Kidney beans  303 mg Oat bran  280 mg |
| **V** [Valine](http://en.wikipedia.org/wiki/Valine) | 1430 | 2080 | Egg white 3371 mg | Soy protein 2554 mg  Watercress 2491 mg  Mushrooms, white 193 mg  Sunflower seed flour 1703 mg  Sesame seed flour  1682 mg  Snow/snap peas  1595 mg  Kidney beans 1503 mg |