

**Tabela 7.1** Wskaźniki aminokwasu ograniczającego (WAO) dla surowców wykorzystywanych w pokarmach przygotowywanych w domu

|  | Aminokwas |          |            |         |        |           |         |              |          |        |           |
|--|-----------|----------|------------|---------|--------|-----------|---------|--------------|----------|--------|-----------|
|  | tryptofan | treonina | izoleucyna | leucyna | lizyna | metionina | cystyna | fenylalanina | tyrozyna | walina | histydyna |
| <b>Mięso</b>                           |           |          |            |         |        |           |         |              |          |        |           |
| <b>Wołowina</b>                        |           |          |            |         |        |           |         |              |          |        |           |
| Półdewica z tłuszczem                  | 85        | 99       | 84         | 92      | 115    | 85        | 52      | 72           | 85       | 71     | 140       |
| Mielona średnio tłusta                 | 26        | 84       | 85         | 91      | 113    | 81        | 45      | 75           | 74       | 73     | 126       |
| Tusza                                  | 88        | 98       | 83         | 92      | 115    | 82        | 50      | 72           | 83       | 71     | 136       |
| <b>Wieprzowina</b>                     |           |          |            |         |        |           |         |              |          |        |           |
| Szynka                                 | 92        | 102      | 86         | 92      | 123    | 86        | 58      | 74           | 85       | 79     | 157       |
| Półdewica                              | 93        | 102      | 86         | 92      | 123    | 86        | 58      | 74           | 86       | 79     | 159       |
| Tusza                                  | 87        | 99       | 83         | 91      | 122    | 83        | 56      | 73           | 82       | 78     | 149       |
| Mielona średnio tłusta                 | 96        | 103      | 88         | 93      | 124    | 88        | 59      | 74           | 88       | 80     | 163       |
| <b>Kurczak</b>                         |           |          |            |         |        |           |         |              |          |        |           |
| Tuszka                                 | 84        | 94       | 93         | 85      | 111    | 87        | 62      | 73           | 81       | 72     | 117       |
| Pierś                                  | 89        | 87       | 95         | 87      | 115    | 75        | 69      | 65           | 78       | 76     | 120       |
| <b>Kaczka</b>                          |           |          |            |         |        |           |         |              |          |        |           |
| Tuszka hodowlana                       | 94        | 93       | 88         | 91      | 109    | 84        | 73      | 74           | 87       | 73     | 100       |
| Tuszka dzika                           | 103       | 96       | 95         | 96      | 116    | 89        | 72      | 77           | 94       | 76     | 106       |
| <b>Indyk</b>                           |           |          |            |         |        |           |         |              |          |        |           |
| Tuszka                                 | 84        | 99       | 94         | 90      | 124    | 93        | 51      | 73           | 95       | 76     | 122       |
| Pierś                                  | 83        | 99       | 94         | 90      | 119    | 93        | 51      | 72           | 96       | 76     | 123       |
| <b>Królik</b>                          |           |          |            |         |        |           |         |              |          |        |           |
| Tuszka                                 | 100       | 101      | 89         | 90      | 121    | 83        | 58      | 76           | 90       | 75     | 114       |
| <b>Jagnięcina</b>                      |           |          |            |         |        |           |         |              |          |        |           |
| Mielona                                | 88        | 97       | 90         | 90      | 121    | 85        | 55      | 75           | 84       | 79     | 129       |
| Tusza                                  | 88        | 97       | 91         | 90      | 122    | 85        | 56      | 75           | 85       | 79     | 129       |
| <b>Cielęcina</b>                       |           |          |            |         |        |           |         |              |          |        |           |
| Mielona                                | 76        | 99       | 92         | 92      | 113    | 77        | 52      | 74           | 80       | 81     | 148       |
| Tusza                                  | 76        | 99       | 92         | 92      | 114    | 77        | 52      | 75           | 80       | 81     | 148       |
| <b>Konina</b>                          |           |          |            |         |        |           |         |              |          |        |           |
|  | 93        | 102      | 89         | 92      | 117    | 73        | 65      | 76           | 79       | 76     | 157       |
| <b>Gęsina</b>                          |           |          |            |         |        |           |         |              |          |        |           |
|  | 98        | 101      | 88         | 97      | 109    | 80        | 72      | 77           | 81       | 72     | 113       |
| <b>Surowce pochodzenia zwierzęcego</b> |           |          |            |         |        |           |         |              |          |        |           |
| Wątroba wołowa                         | 97        | 97       | 89         | 108     | 109    | 88        | 85      | 98           | 100      | 91     | 126       |
| Wątroba wieprzowa                      | 106       | 96       | 95         | 103     | 106    | 82        | 87      | 91           | 86       | 91     | 111       |
| Wątroba drobiowa                       | 102       | 89       | 96         | 99      | 105    | 75        | 87      | 85           | 91       | 85     | 124       |

(cd.)