

Egg Nutrition Center



Rodriguez NR, Garlick PJ. Introduction to Protein Summit 2007: Exploring the impact of high-quality protein on optimal health. *Am J Clin Nutr* 2008;87:1551S–3S.

Dietary protein recommendations have traditionally been based on preventing deficiency [ie, the Recommended Dietary Allowances (RDAs)] (1) as opposed to promoting optimal health (2). The RDA is defined as the amount of a particular nutrient that would satisfy the needs of almost all (98%) of the specified population. The RDA is not the requirement of an individual or even a mean for individuals, which has led to some misinterpretation. Rather, the RDA is the amount of the nutrient that is almost certain to be adequate for all individuals in a specified population, except those with the very highest requirement. Misinterpretation has also occurred because different sets of requirement values have been derived by other organizations and countries, which, although equivalent to those produced by the National Academies of the United States, have used different nomenclature (3). This nomenclature is illustrated in Table 1.