The objectives of the talk are:
1. To present historical aspects of protein and amino acid requirements.
2. To preset the concepts and application of the IAAO method to study amino acid requirements across the lifespan and in vulnerable populations.
3. To present data on the application of the IAAO method to study protein requirements and physiological studies validating the IAAO derived estimates of protein requirements in adults.
4. To present data on the validation and application of the IAAO method to study protein quality of plant protein foods and to assess the effect of complementary protein sources.