

# PROCEEDINGS OF THE NUTRITION SOCIETY

SIXTY-FOURTH SCIENTIFIC MEETING  
LONDON SCHOOL OF HYGIENE AND TROPICAL MEDICINE

20 JANUARY 1951

## THE COMPARATIVE MERITS OF ANIMAL AND VEGETABLE FOODS IN NUTRITION

*Chairman:* PROFESSOR R. C. GARRY, *Institute of Physiology,  
University of Glasgow*

### Chairman's Opening Remarks

By R. C. GARRY, *Institute of Physiology, University of Glasgow*

Controversy concerning the relative nutritive merits of protein from plant and animal sources is of long standing. Our conception of the total quantity of protein required has also swung wildly from one extreme to the other. This scientific problem, intrinsically difficult in itself, has been, and still is, emotionally bedevilled by prejudice and sentiment.

Recent advances in biochemistry have given us a better appreciation of the ultimate composition of proteins from different sources, and have helped to explain and foretell the 'biological values' of different proteins. Nevertheless, we must not forget that we do not eat proteins as such, we eat food containing protein. And evidence is accumulating that the value of the protein may depend to some extent on the vehicle in which it is presented. The time is propitious for stocktaking, for a review of the past, for a forecast of the future. This is the purpose of our conference to-day.

### Biochemistry of Animal and Vegetable Proteins

By G. R. TRISTRAM, *University of St Andrews*

Text not received for publication.

### The Relative Nutritional Values of Animal and Vegetable Proteins for Animals

By K. J. CARPENTER, *Rowett Research Institute, Bucksburn, Aberdeenshire*

The classical method for the nutritional evaluation of the protein complex in individual foods or feeding-stuffs is to feed them, at a level of 10% protein, as the sole protein source in the otherwise adequate diet of young, growing rats. The material is then rated either by its digestibility and biological value (the proportion of the absorbed