

Nitrogen-to-protein conversion factors

Factors for the conversion of nitrogen values (in g total nitrogen/100 g edible portion on fresh weight basis) to protein (in g/100 g edible portion on fresh weight basis) adapted from Jones (1941), unless indicated.

Animal products			
Foodstuff	Factor	Foodstuff	Factor
Meat and fish	6.25	Eggs	
Gelatin	5.55	whole	6.25
Milk	6.38	albumin**	6.32
Casein**	6.40	vitellin**	6.12
Human milk **	6.37		
Plant products			
Foodstuff	Factor	Foodstuff	Factor
Wheat -whole kernel	5.83	Millet#	5.83
Wheat -bran	6.31	Sorghum#	6.25
Wheat -embryo	5.80	Beans	6.25
Wheat -endosperm	5.70	Soya	5.71
Rice	5.95	Castor beans	5.3
Rye	5.83	Mushrooms*	4.38
Barley	5.83	Chocolate and cocoa*	4.74
Oats	5.83	Yeast*	5.7
Maize (corn)	6.25	Coffee*	5.3
Beans: adzuki; jack; lima; mung; navy; velvet	6.25		
Nuts			
Almond			5.18
Brazil			5.46
Peanuts (groundnut)			5.46
Others (butternuts; cashew; chestnut; coconut; hazelnut; hickory; pecans; pine nuts; pistachio; walnuts)#			5.30
Seeds (cataloup; cottonseed; flaxseed; hempseed; pumpkin; sesame; sunflower)			5.30

* From USDA SR24 documentation (USDA, 2011)

From Merrill and Watt (1973)

** From Greenfield and Southgate (2003)

Source:

FAO/INFOODS Guidelines for Converting Units, Denominators and Expressions - version 1.0. FAO, Rome, 2012.

Available at <http://www.fao.org/infoods/infoods/standards-guidelines/en/>