**S3 Table**. Essential amino acids provided in the dietary supplements1

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| --- | --- | --- | --- |
| **Amino acid** | **Ready-to-use supplementary food 100g** | **Corn/ soy blended flour with oil, iron/folic acid1,2** | **Amino acid intake recommended daily allowance for pregnancy3** |
| Histidine (mg) | 364.5 | 478.9 | 864 |
| Isoleucine (mg) | 834.9 | 716.4 | 1200 |
| Leucine (mg) | 1752.7 | 1564 | 2688 |
| Lysine (mg) | 1255.1 | 856.6 | 2448 |
| Methionine + cysteine (mg) | 673.6 | 565.3 | 1200 |
| Phenylalanine + tyrosine (mg) | 1313.4 | 1503.1 | 2112 |
| Threonine (mg) | 649.7 | 632.8 | 1248 |
| Tryptophan (mg) | 214.7 | 176.0 | 336 |
| Valine (mg) | 899.4 | 812.6 | 1488 |

Abbreviations: CVB, Centraal Veevoederbureau; RDA, recommended daily allowance; WFP, World Food Program

1 True ileal digestibility of indispensable amino acid content in each of the study foods based on values from CVB feed tables (CVB, Netherlands, http://vvdb.cvbdiervoeding.nl/Manage/Tools/VwCalc.aspx ).

2 Calculated based on a WFP supercereal product containing ~64% corn, ~24% soybean,~25g vegetable oil

3RDA based on mg/kg/day with an assumed weight of 48 kg. Reference values used Estimated Average Requirements (EAR) of healthy adults multiplied times 1.33 to account for increased protein demands of pregnancy. The RDA is based on 24% variability from the EAR. [1-3]

References:

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