

Tentative Suggested Guidelines for the Interpretation of Biochemical Indices Used in Evaluating Protein and Calorie Deficiencies

Measurement or index	Less than acceptable (at risk)			References
	Deficient (high risk)	Low (medium risk)	Acceptable (low risk)	
1. Serum protein (g/100 ml)				
0 to 11 months		< 5.0	≥ 5.0	2, 6, 30, 35, 156
1 to 5 years		< 5.5	≥ 5.5	
6 to 17 years		< 6.0	≥ 6.0	
Adults	< 6.0	6.0 to 6.4	≥ 6.5	
Pregnant, 2nd and 3rd trimester	< 5.5	5.5 to 5.9	≥ 6.0	
2. Serum albumin (g/100 ml)				
0 to 11 months		< 2.5	≥ 2.5	2, 6, 30, 31, 35, 156, 157
1 to 5 years	(< 2.8) <sup>6</sup>	< 3.0	≥ 3.0	
6 to 17 years	(< 2.8) <sup>6</sup>	< 3.5	≥ 3.5	
Adults	< 2.8	2.8 to 3.4	≥ 3.5	
Pregnant, 1st trimester	< 3.0	3.0 to 3.9	≥ 4.0	
Pregnant, 2nd and 3rd trimester	< 3.0	3.0 to 3.4	≥ 3.5	
3. Nonessential/essential amino acid ratio (NE/E) <sup>a</sup> (all ages)	> 3.0	2.0 to 3.0	< 2.0	5, 7, 34, 45, 48, 49, 55, 60, 100, 102, 140
4. Hydroxyproline index (3 months to 10 years of age)	< 1.0	1.0 to 2.0	> 2.0	5, 34, 55, 60, 87, 100, 101, 103, 104, 116, 159
5. Creatinine height index (3 months to 17 years)	< 0.5	0.5 to 0.9	> 0.9	77, 80-82, 101, 147
6. Urea/creatinine ratio <sup>b</sup>	< 6.0	6.0 to 12.0	> 12.0	8, 17, 35, 58, 100, 101, 122, 140

<sup>a</sup>Value depends upon the analytical method employed and the procedure used to calculate the ratio.

<sup>b</sup>These values are considered exceedingly tentative in view of the effect of age and the wide range of values reported in the literature.