

# Calculate Your Daily Protein Needs

Minimum daily protein requirements is 1.2 grams of protein per kilogram of body weight (g/kg).

The optimal range of daily protein intake is between 1.5 g/kg and 2.2 g/kg.

For example, someone who is 160 pounds (~73 kg) has a minimum protein requirement of 88 grams and an optimal protein intake of 110-160 grams.

Calculate your own requirements below!

- Body weight in kilograms: \_\_\_\_\_
  - If you weigh in pounds, then divide by 2.2 to get your weight in kilograms
  - Ex. 160 pounds divided by 2.2 = 73
- Minimum daily requirement = weight in kilograms x 1.2: \_\_\_\_\_
  - Ex. 73 kg x 1.2 = 88 grams of protein
- Optimal range: \_\_\_\_\_
  - Lower end of range = weight in kilograms x 1.5: \_\_\_\_\_
  - Upper end of range = weight of kilograms x 2.2: \_\_\_\_\_
    - Ex. 73 x 1.5 = 110 grams; 73 x 2.2 = 160 grams, therefore the optimal range for this person is 110-160 grams of protein per day