How Much Protein Do You Need?

The Dietary Guidelines for Americans call for most people to eat 1.2-1.6 grams of protein per kilogram of body weight per day.

(weight (lbs.) ÷ 2.2) × 1.2-1.6

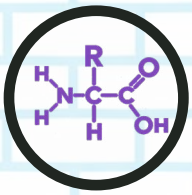
A 140 pound individual needs 76-102 grams of protein daily.

A 170 pound individual needs 93-124 grams of protein daily.

A 200 pound individual needs 109-145 grams of protein daily.



Proteins are the building blocks of most body structures and are critical to many of the functions of the body.



Proteins are made of amino acids.

Protein is only one part of a healthy diet that should also contain fruits, vegetables, and whole grains.





The only way to get the essential amino acids is to eat foods that contain them.



Animal products are a good source of protein because they contain all the essential amino acids.



We can get our protein from eating plants, but this often requires more planning to avoid missing any essential amino acids.



Adequate protein consumption is most critical for older adults, people recovering from illness or injury, and adults engaged in intense exercise.

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