

Assessing Your Daily Protein Intake

WHEY PROTEIN

How Much Protein?

You can estimate your recommended daily protein intake using your body weight. Most people need at least 0.4 grams of protein for every pound of body weight to meet basic protein requirements.¹ If you regularly engage in endurance exercise or strength training, you may benefit from up to twice this amount.²

Use the chart to the right to find out how much protein is recommended to help you achieve optimal exercise and health benefits. Calculate your recommended protein intake based on the type of exercise you do most often.

If you are:	Multiply your body weight (in pounds) by:
A recreational exerciser ³	0.5-0.7 g/lb
An endurance athlete ²	0.5-0.8 g/lb
A strength training athlete ²	0.5-0.8 g/lb
An athlete restricting calories ³	0.8-0.9 g/lb

Calculate your recommended daily protein intake based on your exercise routine:

<input type="text"/>	x	<input type="text"/>	=	<input type="text"/>
Weight (lbs)		Recommended grams of protein per pound		Grams of protein per day

Record the amount of protein you are consuming from food in a typical day using the **Protein in Common Foods** list on the following page. Compare your current protein intake to your recommended protein intake that you calculated above to see if you are reaching your goal. If you fall short, you can estimate the amount of additional protein, such as whey protein, to include in your diet to help you meet protein recommendations and enhance your exercise results.

You can print this form or use it right on your computer. Enter the appropriate number in each field and your Total Daily Protein will automatically be calculated.

Food Eaten	Amount	Protein (g)
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
TOTAL DAILY PROTEIN:		<input type="text"/>

Protein in Common Foods

	Protein (grams)
Milk and yogurt (1 cup) <i>Choose low-fat or fat-free varieties.</i>	8-10 (1-1.5 g whey protein)
Cheese (1 oz) <i>Choose reduced-fat or low-fat cheese.</i>	6-8
Lean beef (3 oz) <i>Choose cuts with round or loin in the name, such as sirloin, round tip, tenderloin, and top round.</i>	22-27
Lean pork (3 oz) <i>Choose cuts with loin in the name, such as tenderloin, top loin, and Canadian bacon.</i>	24-26
Lean poultry (3 oz) <i>Choose breast meat and remove the skin before eating.</i>	25-26
Seafood (3 oz) <i>Most types of fish and shellfish are naturally lean.</i>	18-22
Eggs (1 large)	6
Legumes, such as kidney and pinto beans (½ cup)	7-8
Nuts (1 oz)	6-8
Peanut butter (2 tbsp)	8
Tofu (3 oz)	6

¹ Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington DC: National Academies Press, 2005.

² Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Am Diet Assoc.* 2009;109:509-27.

³ Clark N. *Nancy Clark's Sports Nutrition Guidebook*, 4th ed. Champaign, Ill: Human Kinetics, 2008.

