

PROTEIN INTAKE REFERENCE CHART

Daily Grams Calculation Based on Total Body Weight

BODY WEIGHT (LBS)	SEDENTARY (0.5G/LB)	ACTIVE (0.8G/LB)	ATHLETE (1.0G/LB)
120 lbs	60g	96g	120g
130 lbs	65g	104g	130g
140 lbs	70g	112g	140g
150 lbs	75g	120g	150g
160 lbs	80g	128g	160g
170 lbs	85g	136g	170g
180 lbs	90g	144g	180g
190 lbs	95g	152g	190g
200 lbs	100g	160g	200g
210 lbs	105g	168g	210g
220 lbs	110g	176g	220g

BODY WEIGHT (LBS)	SEDENTARY (0.5G/LB)	ACTIVE (0.8G/LB)	ATHLETE (1.0G/LB)
230 lbs	115g	184g	230g
240 lbs	120g	192g	240g
250 lbs	125g	200g	250g

Sedentary:

Maintenance for minimal physical activity.

Active:

Moderate exercise 3-4 times per week.

Athlete:

High intensity training and muscle hypertrophy focus.