



How Much Protein Do You Really Need?

Use the following table to find your height and see the recommended amount of protein you should be consuming per day.

Height		Weight at BMI of 25*		Recommended Grams of Protein per day**
Feet	Meters	lbs.	Kg	
5 ft 0 in	1.52	127	58	46
5 ft 1 in	1.55	132	60	48
5 ft 2 in	1.57	136	62	50
5 ft 3 in	1.60	141	64	51
5 ft 4 in	1.63	147	66	53
5 ft 5 in	1.65	150	68	54
5 ft 6 in	1.68	155	70	56
5 ft 7 in	1.70	159	72	58
5 ft 8 in	1.73	165	75	60
5 ft 9 in	1.75	169	77	62
5 ft 10 in	1.78	175	79	63
5 ft 11 in	1.80	179	81	65
6 ft 0 in	1.83	185	84	67
6 ft 1 in	1.85	189	86	69
6 ft 2 in	1.88	195	88	70
6 ft 3 in	1.91	201	91	73
6 ft 4 in	1.93	205	93	74
6 ft 5 in	1.96	212	96	77
6 ft 6 in	1.98	216	98	78
6 ft 7 in	2.01	223	101	81
6 ft 8 in	2.03	227	103	82
6 ft 9 in	2.06	234	106	85
6 ft 10 in	2.08	239	108	86

*A BMI of 25 represents the upper limit for the normal range of what a person should weigh. For reference, the range of a normal weight is 18 to 25, above 25 is considered overweight, and above 30 is considered obese. The recommended daily protein consumption is based on a BMI of 25 because it represents the minimum attainable goal for anyone trying to fall under the normal BMI range.

**According to the Recommended Daily Allowance (RDA) for adults as suggested by the National Institute of Health, U.S. Department of Health & Human Services. Calculated as follows: Body weight under a BMI of 25 in kg*0.8.

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