

How much protein do I need?

Athletes generally need more protein than the average person. However, the American diet typically provides enough protein for the athlete. An athlete requires:

- ❖ 1.2 to 1.6 grams per kilogram of body weight (for endurance sports)
- ❖ 1.6 to 1.8 grams per kilogram of body weight (for strength training)

How to calculate protein needs

1. Find weight in kilograms (wt in lbs / 2.2)
2. Find the range of your protein needs according to your fitness program (endurance or strength training)
3. (Your weight in kilograms) X (low-end of range for your training needs)
4. (Your weight in kilograms) X (fitness program's high-end range)
5. The above equation provides you with a range of your daily protein requirements.

For example:

180 lb runner (endurance sport) would need 98 – 131 grams of protein

Calculation:

$$(180 / 2.2) \times (1.2) \text{ and } (180/2.2) \times (1.6) =$$

The following foods would provide:

2 eggs	35 grams of protein
4 oz chicken	35 grams of protein
1 cup baked beans	14 grams of protein
4 oz baked flounder	<u>28 grams of protein</u>
<u>Total</u>	<u>116 grams of protein:</u>

A 215 lb weight lifter would need between 157 – 176 grams of protein

Calculation: $(215 / 2.2) \times 1.6$ and $(215 / 2.2) \times 1.8 =$ above grams of protein.

Protein in Food

Food & Amount	Grams of Protein
3 oz Meat, Fish, Poultry	21 grams
2 cups (16 oz) Milk	16 grams + Excellent Calcium source
1 egg white	7 grams
1 cup Cooked Beans	14 grams
2 Tablespoons Peanut Butter	7 grams
1 cup Nuts	14 grams
1 cup Yogurt	8 – 10 grams