How many grams of protein should I have each day?

Divide your weight by 2.2, then, multiply by 0.8. = grams per day

For example:

150 lbs ÷ 2.2 = 68.2
68.2 x 0.8 = 54.5 grams of protein each day

What is protein?

Proteins are large molecules made of amino acids that help us build and repair muscle.

2 types of protein:

Complete protein

• There are 9 essential amino acids the body can’t produce. We get these from complete proteins.
• Example: Meat, fish, eggs, dairy and soy

Incomplete protein

• Eating different types of incomplete protein during the day gives you the benefits of complete protein.
• Example: Beans, nuts and most whole grains

What is a protein portion size?

• 3 ounces of red meat, poultry or seafood (the size of a deck of cards)
• 1/3 cup of nuts (the size of a pool ball)