

HOW MUCH PROTEIN YOU NEED PER DAY

Reference table by your weight and activity level

Find your weight in the first column and read the daily grams according to your goal.

| WEIGHT | SEDENTARY (0.8 g/kg) | ACTIVE / STRENGTH (1.6 g/kg) | CUTTING (2.2 g/kg) | SENIOR 65+ (1.4 g/kg) |
|--------|-------------------------|---------------------------------|-----------------------|--------------------------|
| 50 kg | 40 g | 80 g | 110 g | 70 g |
| 60 kg | 48 g | 96 g | 132 g | 84 g |
| 70 kg | 56 g | 112 g | 154 g | 98 g |
| 80 kg | 64 g | 128 g | 176 g | 112 g |
| 90 kg | 72 g | 144 g | 198 g | 126 g |
| 100 kg | 80 g | 160 g | 220 g | 140 g |
| 110 kg | 88 g | 176 g | 242 g | 154 g |

HOW TO READ THE TABLE

Sedentary (0.8 g/kg): minimum to maintain the body's basic functions without regular physical activity.

Active / Strength (1.6 g/kg): optimal range for those who train and want to gain or maintain muscle mass.

Cutting (2.2 g/kg): during a fat-loss phase, to preserve muscle while reducing calorie intake.

Senior 65+ (1.4 g/kg): from age 65 it's advisable to raise intake to slow muscle loss (sarcopenia), provided kidney function allows.

Distribution: spread the total across servings of 20-40 g throughout the day to maximise muscle synthesis at each meal.

Guideline values calculated on bodyweight. If you have a kidney disease or take medication, check your case with a professional before major changes.