

# Assessing Your Daily Protein Intake

- Write your weight in pounds in the white box.
- 0.4 grams of protein for every pound of body weight is needed to meet basic protein requirements. (Note: If you regularly engage in endurance exercise or strength training, you may benefit from up to twice this amount.) Use Table 1 to find out how much protein is recommended and record it in the recommended protein white box.
- Review amount of protein you are consuming from food in a typical day by using Table 3: Protein in Common Foods on the following page. Record the protein sources and their grams of protein into Table 2: Protein Intake from Food Sources. Add up all grams and record your Total Daily Protein.
- Compare your current daily protein intake total in Table 2 to your Recommended Protein Intake that you calculated in Table 1 to see if you are reaching your goal.

**Note:** If you fall short, you can:

- Estimate the amount of additional protein, such as whey protein, to include in your diet to help you meet protein recommendations and enhance your exercise results.

# How Much Protein?



**My Weight (lbs).** \_\_\_\_\_

**Table 1: Recommended Protein Per Body Weight**

If you are:	Multiply your body weight (in pounds) By:
A recreational exerciser	0.5-0.7 g/lb
An endurance athlete	0.5-0.8 g/lb
A strength training athlete	0.5-0.8 g/lb
An athlete restricting calories	0.8-0.9 g/lb

**Recommended Protein Intake:** \_\_\_\_\_g

**Table 2: Protein (g) Intake from Food Sources**

<b>TOTAL DAILY PROTEIN:</b>		

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**Table 3: Protein in Common Foods**

	Protein (grams)
<b>Milk and yogurt (1 cup)</b> Choose low-fat or fat-free varieties.	8-10 (1-1.5 g whey protein)
<b>Cheese (1 oz)</b> Choose reduced-fat or low-fat cheese.	6-8
<b>Lean beef (3 oz)</b> Choose cuts with round or loin in the name, such as sirloin, round tip, tenderloin, and top round.	22-27
<b>Lean pork (3 oz)</b> Choose cuts with loin in the name, such as tenderloin, top loin, and Canadian bacon	24-26
<b>Lean poultry (3 oz)</b> Choose breast meat and remove the skin before eating.	25-26
<b>Seafood (3 oz)</b> Most types of fish and shellfish are naturally lean.	18-22
<b>Eggs (1 large)</b>	6
<b>Legumes, such as kidney and pinto beans (½ cup)</b>	7-8
<b>Nuts (1 oz)</b>	6-8
<b>Peanut butter (2 tbsp)</b>	8
<b>Tofu (3 oz)</b>	6

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