

Target protein ranges based on “reference body weight”

Follow these 3 steps to find out how what your daily protein goals should be:

1. Find your “reference weight” using the first chart, **Reference body weights for adults**. This estimates your lean body mass and does not include body fat. Because protein is used to build and maintain muscle, use this number, rather than your weight on the scale, to estimate protein needs. Important: Reference body weight is **not** a “goal weight.”
2. Find your “reference weight” on the second chart, **How much protein should I eat?** That row tells you how much protein food (in ounces/grams) you should put on your plate at each meal, assuming you eat three meals a day. This row also tells you how many grams of protein your food will provide and how many grams of protein you should get over the course of a day.
3. Use the third chart, **Where to find your protein**, to find out which foods—and what serving sizes—will help you meet your protein needs.



Reference body weights for adults

Women

Height	Reference Weight
4'11" (150 cm)	111-123 lbs (50-56 kg)
5'0" (152 cm)	113-126 lbs (51-57 kg)
5'1" (155 cm)	115-129 lbs (52-59 kg)
5'2" (157 cm)	118-132 lbs (54-60 kg)
5'3" (160 cm)	121-135 lbs (55-61 kg)
5'4" (163 cm)	124-138 lbs (56-63 kg)
5'5" (165 cm)	127-141 lbs (58-64 kg)
5'6" (168 cm)	130-144 lbs (59-65 kg)
5'7" (170 cm)	133-147 lbs (60-67 kg)
5'8" (173 cm)	136-150 lbs (62-68 kg)
5'9" (175 cm)	139-153 lbs (63-70 kg)
5'10" (178 cm)	142-156 lbs (65-71 kg)
5'11" (180 cm)	145-159 lbs (66-72 kg)
6'0" (183 cm)	148-162 lbs (67-74 kg)

Men

Height	Reference Weight
5'2" (157 cm)	131-140 lbs (60-64 kg)
5'3" (160 cm)	133-143 lbs (60-65 kg)
5'4" (163 cm)	135-145 lbs (61-66 kg)
5'5" (165 cm)	137-148 lbs (62-67 kg)
5'6" (168 cm)	139-151 lbs (63-69 kg)
5'7" (170 cm)	142-154 lbs (65-70 kg)
5'8" (173 cm)	145-157 lbs (66-71 kg)
5'9" (175 cm)	148-160 lbs (67-73 kg)
5'10" (178 cm)	151-163 lbs (69-74 kg)
5'11" (180 cm)	154-166 lbs (70-75 kg)
6'0" (183 cm)	157-170 lbs (71-77 kg)
6'1" (185 cm)	160-174 lbs (73-79 kg)
6'2" (188 cm)	164-178 lbs (75-81 kg)
6'3" (191 cm)	167-182 lbs (76-83 kg)
6'4" (193 cm)	171-187 lbs (78-83 kg)

*Reference body weights are based upon medium frame values from the 1959 Metropolitan Life Insurance ‘Ideal Body Weight’ tables. Original source: Virta Health Corp, www.virtahealth.com



How much protein should I eat?

Note: This chart assumes 3 meals per day. Adjust your amounts based on the number of meals you eat in a typical day.

Reference Body Weight	This much “protein food” at a meal	Provides this much protein	Giving you this many grams of protein a day, assuming 3 meals a day
125 lbs 57 kg	3.5 - 6 oz/100 -170 grams	23-38grams	69-114 grams
130 lbs 59 kg	3.5 - 6oz/100 -170 grams	23-39 grams	69-118 grams
135 lbs 61 kg	4 - 6.5 ounces/120 -180 grams	24-41 grams	72-122 grams
140 lbs 64 kg	4 - 6.5 oz /120 -180 grams	25-43grams	75-128 grams
145 lbs 66 kg	4 - 6.5 oz /120 -180 grams	26-44 grams	78-132 grams
150 lbs 68 kg	4.5 - 7 oz/130 -195 grams	27-45 grams	81-136 grams
155 lbs 70 kg	4.5 - 7 oz/130 -195 grams	28-47 grams	84-140 grams
160 lbs 73 kg	5 - 7.5 oz/140 - 210 grams	29-49 grams	87-146 grams
165 lbs 75 kg	5 - 7.5 oz/140 - 210 grams	30-50 grams	90-150 grams
170 lbs 77 kg	5 - 8 oz/140 - 225 grams	31-51grams	93-154 grams
175 lbs 80 kg	5 - 8 oz/140 - 225 grams	32-53 grams	96-160 grams
180 lbs 82 kg	5 - 8.5 oz/140 - 240 grams	33-55 grams	99-164 grams

Where to find protein

Note: Serving size is 100 grams (3.5 ounces, about the size of a deck of cards), cooked

 100 grams (3.5 oz) of cooked meat	Provides this much protein
Chicken breast	28 grams
Lean steak (filet mignon, etc)	26 grams
Lean pork (tenderloin, ham)	26 grams
Lean fish (most fish, non-oily)	22-26 grams
Lamb chops (3 medium)	22 grams
Chicken thigh, medium	22 grams
Shellfish (shrimp, lobster, crab)	20-26 grams
Fatty fish (salmon, sardines, herring, mackerel)	20-25 grams
Fatty steak (ribeye)	20 grams
Bacon (5 slices, 60 grams/2 ounces)	20 grams
Chicken drumstick, medium	20 grams
Fatty pork (pulled pork, shoulder, etc.)	19 grams
Sausage	16-20 grams

All of the non-meat protein sources can be used in low-carb, lacto-ovo vegetarian diets.

The following can be used in vegan diets: pea and soy protein powders, black soybeans, tempeh, natto, edamame, and tofu

 Non-meat protein food	This amount	Provides this much protein
Soft cheese (ricotta, cottage)	1 cup (8 oz/240 grams)	23-28 grams
Greek yogurt, plain	1 cup (8 oz/240 grams)	20-25 grams
Whey protein powder (no sugar added)	1 oz (30 grams)	20-25 grams
Soy or pea protein powder (no sugar added)	1 oz (30 grams)	20-25 grams
Large eggs	3 whole eggs	20 grams
Canned black soybeans	1 cup (260 grams)	20 grams
Hard cheese	3 oz (85 grams), or 7-cm (3-inch) square	18-21 grams
Tempeh	2/3 cup (3.5 oz/100 grams)	18-20 grams
Natto (fermented soy)	2/3 cup (3.5 oz/100 grams)	18-20 grams
Edamame (boiled or steamed green soybeans)	1 cup (5 oz/150 grams)	17 grams
Tofu (extra firm)	1/2 cup (4 oz/120 grams)	15 grams