

How To Calculate Your Daily Protein Requirements

- 1) Determine your lean body mass.
- 2) Determine your activity factor. Factors are listed below in grams of protein per pound of lean body mass.
 - 0.5 - Sedentary (no formal sports activity or training)
 - 0.6 - Light fitness training, such as walking
 - 0.7 - Moderate training (3 times a week) or sports participation
 - 0.8 - Daily aerobic training or daily moderate weight training
 - 0.9 - Heavy daily weight training
 - 1.0 - Heavy daily weight training coupled with intense sports training or twice-a-day intense sports training
- 3) Calculate your required daily amount of protein (in grams) by multiplying your lean body mass (in pounds) by your activity factor.

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