

ESTIMATING PROTEIN INTAKE



An easy way to become healthier and get better performance out of your body is to set a protein goal. Without getting too detailed, you just need to know that if your getting enough protein, your body will be able to optimally recover and hold on to lean muscle mass more efficiently. Here is an easy way to estimate how much you need as a starting point:

Calculate the following for your estimated protein needs:
Multiply the number .735 by the amount of pounds you weigh.
Write down that number (example: $180 \times .735 = 132.3$).
This is your suggested intake in grams per day.

If you add in exercise or strenuous training along with a weight loss goal, the number may need to be a little higher. However, utilizing the above goal will be very beneficial as a first step. If you do find that you have already been hitting this on a daily basis, please contact me and I can help you adjust the number if needed or you can divert your attention to a different goal.

There are many avenues in which someone can estimate their protein needs but instead of providing you with too many options I decided to present only one. It won't take long for you to find numbers that drastically contradict the number you've just calculated but you must remember the point of this. You are setting an initial benchmark. The number can always be changed and after all, the underpinning act is still establishing consistency and tracking that consistency. If you feel like you would like more information on the other options to calculate or if you would like to know the reason why the multiplier above was used feel free to contact me.

References:

Morton RW, Murphy KT, Mckellar SR, et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. *British Journal of Sports Medicine*. 2017;52:376-384. doi:10.1136/bjsports-2017-097608.