

Formula: Lean Body weight (in pounds) x Need Factor =Daily Protein Requirement (in grams)

Need Factors:

- .5 - Sedentary, no sports or training
- .6 - Jogger or light fitness training
- .7 - Sports participation or moderate training 3X week
- .8 - Moderate daily weight training or aerobic training
- .9 - Heavy weight training daily
- 1.0 - Heavy weight training daily plus sports training, or "2-a-day" training

NEED FACTOR (tabled is your protein requirements expressed in grams per day)

LBW (lbs.)*	.5	.6	.7	.8	.9	1.0
90	45	54	63	72	81	90
100	50	60	70	80	90	100
110	55	66	77	88	99	110
120	60	72	84	96	108	120
130	65	78	91	104	117	130
140	70	84	98	112	126	140
150	75	90	105	120	135	150
160	80	96	112	128	144	160
170	85	102	119	136	153	170
180	90	108	126	144	162	180
190	95	114	133	152	171	190
200	100	120	140	160	180	200
210	105	126	147	168	189	210
220	110	132	154	176	198	220
230	115	138	161	184	207	230
240	120	144	168	192	216	240

*LBW - Remember that your fat cells do not require protein So, it doesn't make any sense to compute your protein requirements from total body weight. Your LBW (Lean Body Weight, or fat-free weight) can be estimated using any one of several anthropometric, ultrasound, electrical impedance or underwater weighing techniques. A simple anthropometric formula is presented in Unit Five.