

The Roberts' Method of Modified BMI Weight for Protein Intake for Wound Healing

The following formula was designed to assist you in determining the proper amount of protein intake required for any person with a wound, in grams per day. This information comes from over 20 years of research, from all around the world. The information and ideas have been translated into this guide.

The Roberts' Method of Modified BMI Weight for Protein Intake for Wound Healing [©]					
Modified Weight Table	Under-Weight	Normal-Weight	Over- Weight	Obese	Extremely Obese
BMI Category	18 or Less	19 – 24	25 – 29	30 – 39	40 or Greater
Your BMI					
Your Current Weight					
Multiplication Factor	X 1.2	X 1.0	X 0.8	X 0.7	X 0.6
Modified BMI Weight					
Age-Related Intake Factor (Pounds)					
Age Group	Regular Diet		Preparation Diet		Healing Diet
18 – 49	Weight x 0.5		Weight x 0.6		Weight x 0.9
50 – 64	Weight x 0.6		Weight x 0.8		Weight x 1.0
65 – UP	Weight x 0.8		Weight x 1.0		Weight x 1.1
Kidney Disease (CKD) Modification					
Stage of CKD	Stage I or II Kidney Disease	Stage III Kidney Disease	Stage IV Kidney Disease	Dialysis	
Multiplication Factor	X 0.8	X 0.7	X 0.6	X 1.0	

Instructions:

You will need your BMI to use this formula. Use the standard BMI chart or the following formula.

The Roberts' Method of Modified BMI Weight for Protein Intake for Wound Healing

$$\text{BMI} = (\text{Weight (pounds)} \times 703) / \text{Height (inches)} \times \text{Height (inches)}$$

$$\left(\frac{\text{Weight} \times 703}{\text{Height} \times \text{Height}} \right) = \frac{\text{Wt. Answer}}{\text{Ht. Answer}} = \text{BMI}$$

Modified Weight Table	Under-Weight	Normal-Weight	Over-Weight	Obese	Extremely Obese
BMI Category	18 or Less	19 - 24	25 - 29	30 - 39	40 or Greater

1. Using the Roberts' Formula for Modified BMI Weight, chart, fill in your BMI and your current weight in the corresponding column according to your BMI Category.
2. Multiply Your Current Weight by the Multiplication Factor, in the same column, record the answer for your Modified BMI Weight.
3. Now you have your Modified BMI Weight in lbs. This is the weight you will use to figure your protein intake requirements.

Continue to the second part of The Roberts' Formula chart on The Age-Related Intake Factor.

4. In the first column, find your Age Group row.
5. Scan to the right, choose from Regular Diet, Preparation Diet, or Healing Diet. Select the Diet Type that fits your needs.
6. Multiply your Modified BMI Weight by the value in the corresponding column and row. This is your protein intake requirements, in grams per day.

For patients with Kidney Disease, continue to the third part of The Roberts' Formula chart on Kidney Disease (CKD) Modification.

7. Find the Stage of CKD row, scan to the right, choose the column that matches the diagnosis. Multiply your Age-Related Intake Factor total by this value.
8. This is final protein intake requirements, in grams per day, for patients in kidney failure.

This formula is for informational purposes only. The information is presented from the interpretation of research data on protein intake recommendations for wound healing, by the author. Each user is responsible for their own actions and risks. The Roberts' Formula is not meant as a substitution for medical advice or direction. The user is responsible for their own action. The author, publisher, or seller of this information shall not be held responsible for your actions. Seek medical guidance from a medical doctor or dietitian.