Check your daily protein

Use these steps to estimate and review your protein intake.

- [ ] Convert your weight from pounds to kilograms by dividing by 2.2.
- [ ] Multiply your weight in kilograms by 0.8 for the adult minimum.
- [ ] Use 1.0 to 1.2 g per kg if you are 65 or older.
- [ ] Ask your doctor about protein targets during pregnancy.
- [ ] Compare a food serving with the protein table before you plan meals.
- [ ] Pair protein foods with fruit, vegetables and whole grains.
- [ ] Talk to a doctor before changing protein with kidney or liver disease.
- [ ] Report persistent swelling or muscle weakness to a doctor.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/how-much-protein-do-you-need-a-day/