

Who needs protein and how much do we need of it?

Everyone needs protein. Not just athletes – it is an essential macronutrient and chances are, even if you don't mean to, you consume protein. Even potatoes have protein.

Currently, the Recommended Dietary Intake (RDI) for protein is around 0.8 grams per kilogram. So if you weigh 70kgs it would be ideal that you consume 56 grams of protein.

This number changes depending on a range of factors.

Pregnant or lactating women generally need an extra 10 to 15 grams per day, respectively. Adults aged 65 years and older have higher protein requirements (due to muscle and bone wastage) and therefore require 1.0 – 1.2 grams per kilogram.

People who exercise (not just athletes) have higher protein demands too. Depending on the type of exercise, frequency and intensity – protein needs could range from anywhere between 1.2 – 2.0 grams per kilogram.

Weight (kgs)	RDI of protein @ 0.8g per kg	RDI of protein @ 1.2g per kg
50	40	60
51	40.8	61.2
52	41.6	62.4
53	42.4	63.6
54	43.2	64.8
55	44	66
56	44.8	67.2
57	45.6	68.4
58	46.4	69.6
59	47.2	70.8
60	48	72
61	48.8	73.2
62	49.6	74.4
63	50.4	75.6
64	51.2	76.8
65	52	78
66	52.8	79.2
67	53.6	80.4
68	54.4	81.6
69	55.2	82.8

Weight (kgs)	RDI of protein @ 0.8g per kg	RDI of protein @ 1.2g per kg
70	56	84
71	56.8	85.2
72	57.6	86.4
73	58.4	87.6
74	59.2	88.8
75	60	90
76	60.8	91.2
77	61.6	92.4
78	62.4	93.6
79	63.2	94.8
80	64	96
81	64.8	97.2
82	65.6	98.4
83	66.4	99.6
84	67.2	100.8
85	68	102
86	68.8	103.2
87	69.6	104.4
88	70.4	105.6
89	71.2	106.8

What does 25g of protein look like?

95 grams beef steak

180 calories



120 grams of fish (snapper, gurnard, tarakihi)

120 calories



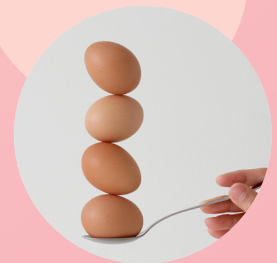
300 grams of greek yoghurt

180 calories



7 egg whites

120 calories



85 grams chicken breast

140 calories

125 grams of salmon

260 calories

200 grams of cottage cheese

250 calories

4 whole eggs

310 calories

95 grams of peanut butter

560 calories

100 almonds

690 calories

38 grams of Pro You Pea Isolate protein powder

130 calories

200 grams of tofu

195 calories

230 grams of edamame beans

191 calories

38 grams of Pro You Whey protein powder

140 calories



Essential Nutritional Supplements