

## How to calculate your daily protein needs

Divide your body weight by 2.2 = \_\_\_\_\_ Kgs X 1.4 grams = \_\_\_\_\_ grams of daily protein you require for growth & repair. *Note: this is a basic equation, if you're an athlete or someone who exercises frequently your protein needs will be higher.*

## Protein Grams in Foods

Food	Serving Size	Grams of Protein
Beans	½ cup	8 grams
Beef	3.5 ounces	23 grams
Brown Rice	1 cup	5 grams
Buckwheat	1 cup	5 grams
Cheese (most cheeses)	1 ounce	7 grams
Chicken	3.5 ounces	24 grams
Cod	3.5 ounces	18 grams
Cottage Cheese, 4% fat	½ cup	14 grams
Eggs	2 eggs	12 grams
Halibut	3.5 ounces	27 grams
Lamb	3.5 ounces	24 grams
Millet	1 cup	6 grams
Nuts	¼ cup	7 grams
Oats	½ cup	6 grams
Oysters	3.5 ounces	19 grams
Pork	3.5 ounces	28 grams
Quinoa	1 cup	8 grams
Salmon	3.5 ounces	20 grams
Sardines	2 ounces	13 grams
Tuna	2 ounces	16 grams
Turkey	3.5 ounces	27 grams
Yogurt, whole milk	1 cup	12 grams

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