How much protein do you need?

One number. A few foods. No weighing.

The number

If you train, aim for about **1.6 grams of protein per kilogram of body weight** each day. At 75 kg that is about 120 g. Close is good enough.

Where to get it

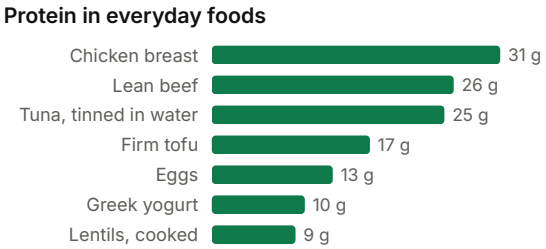


Figure 1: Meat and fish give the most *Typical values. Tofu varies, so check the label. Source: USDA FoodData Central.*

How to hit it

- Put a palm-sized portion of protein in every meal.
- Start at breakfast. Eggs or Greek yogurt beat toast and cereal.
- Keep something easy in the fridge: cooked chicken, tinned fish, cottage cheese.
- A protein shake is fine. It is food, not magic.

When to eat it

It does not matter much. Your total for the day matters. Spread it across your meals.

SOURCES

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