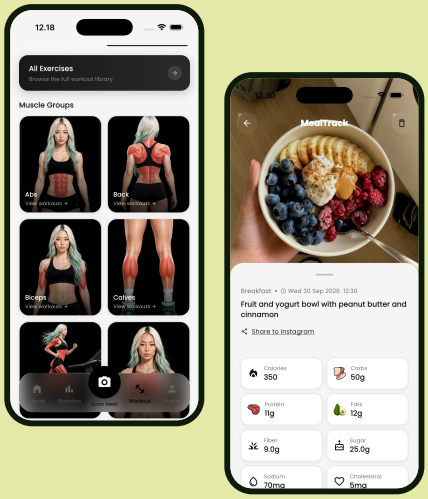
MACROS

# How Much Protein Do You Need a Day? (Chart by Weight)

The minimum, the amount for weight loss and the amount for building muscle, with a chart by body weight.

Updated October 19, 2026 · 6 min read · By the MealTrack team




## QUICK ANSWER

Most adults need at least **0.8 g of protein per kg** of body weight a day (0.36 g per lb) to avoid deficiency. If you're active or losing weight, **1.2–1.6 g/kg** is a better target, and for building muscle research points to about **1.6 g/kg**, with up to 2.2 g/kg as a reasonable upper end. For a 70 kg person that's about 56 g minimum, 85–110 g for weight loss and 110–155 g for muscle gain.

### In this guide

1. Protein targets by goal
2. Protein per day by body weight
3. How much protein is in common foods
4. Easy ways to eat more protein
5. Is too much protein bad for you?
6. FAQ
7. One-page cheat sheet

## Protein targets by goal

| Goal | Per kg | Per lb |
|---|---|---|
| **Minimum (RDA, adults)** | 0.8 g | 0.36 g |
| **Active, or losing weight** | 1.2–1.6 g | 0.55–0.7 g |
| **Building muscle** | 1.6–2.2 g | 0.7–1.0 g |
| **Adults 65+** | 1.0–1.2 g | 0.45–0.55 g |

The 0.8 g/kg figure is the Recommended Dietary Allowance: the amount that prevents deficiency, not the amount that's best for body composition. A 2018 meta-analysis in the British Journal of Sports Medicine found muscle gains from strength training level off at around **1.6 g/kg a day**.

## Protein per day by body weight

| Body weight | Minimum | Lose weight | Build muscle |
|---|---|---|---|
| **60 kg / 132 lb** | 48 g | 72–96 g | 96–132 g |
| **70 kg / 154 lb** | 56 g | 84–112 g | 112–154 g |
| **80 kg / 176 lb** | 64 g | 96–128 g | 128–176 g |
| **90 kg / 198 lb** | 72 g | 108–144 g | 144–198 g |
| **100 kg / 220 lb** | 80 g | 120–160 g | 160–220 g |

If you have a lot of weight to lose, base the numbers on your goal weight instead of your current weight, otherwise the targets get unrealistically high.

## How much protein is in common foods

| Food | Portion | Protein |
|---|---|---|
| **Chicken breast, cooked** | 100 g | 31 g |

| Food | Portion | Protein |
|---|---|---|
| **Canned tuna, drained** | 100 g | 25 g |
| **Greek yogurt, plain non-fat** | 170 g pot | 17 g |
| **Lentils, cooked** | 1 cup (200 g) | 18 g |
| **Firm tofu** | 100 g | 15 g |
| **Eggs** | 2 large | 12 g |
| **Cottage cheese** | 100 g | 11 g |
| **Whey protein powder** | 1 scoop (30 g) | 20–25 g |

## Easy ways to eat more protein

- **Spread it out.** About 20–40 g per meal across 3–4 meals is easier than one huge dinner.
- **Fix breakfast first.** It's usually the lowest-protein meal. Eggs, Greek yogurt or cottage cheese change the whole day.
- **Keep a protein snack on hand.** Jerky, a shake, cheese sticks or roasted chickpeas.
- **Swap, don't add.** Greek yogurt for regular, lentil pasta for regular pasta, extra chicken instead of a second serving of rice.
- **Check your total before dinner.** If you're short, make dinner the protein-heavy meal.




### Track protein without the math

MealTrack shows the protein in every meal you snap, and how much you have left for the day.

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## Is too much protein bad for you?

For healthy adults, intakes up to about 2 g/kg a day are generally considered safe. If you have kidney disease or reduced kidney function, talk to your doctor before increasing protein, because your limits are different.

Very high protein can also crowd out fiber-rich carbs and healthy fats. Keep vegetables, fruit, whole grains and some fat on the plate too.

## Frequently asked questions

### How much protein do I need to lose weight?

Around 1.2–1.6 g per kg of body weight a day (0.55–0.7 g per lb). Higher protein helps you keep muscle and stay fuller in a calorie deficit.

### Can I build muscle on 100 g of protein a day?

For many people, yes. 100 g a day is about 1.6 g/kg for someone around 62 kg. Heavier lifters will usually do better with more, up to 1.6–2.2 g per kg.

### Do protein needs change with age?

Yes. Adults over 65 may need more, about 1.0–1.2 g per kg, to help maintain muscle, and more again if they're active or recovering from illness.

### Does all protein count the same?

Animal proteins and soy contain all the essential amino acids. Plant-based eaters get the same results by combining sources like beans, lentils, grains, nuts and soy over the day.

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This guide is general information, not medical advice. Calorie and nutrient figures are typical values and estimates. Talk to a doctor or registered dietitian before making big changes to your diet, especially if you are pregnant, under 18, or managing a medical condition.

MealTrack

CHEAT SHEET

# HOW MUCH PROTEIN?

Daily protein targets by goal and body weight

**0.8 g/kg**
minimum for adults (RDA)

**1.2–1.6**
g/kg to lose weight

**1.6–2.2**
g/kg to build muscle

### 1 60 kg · 132 lb

Minimum 48 g
Lose weight 72–96 g
Build muscle 96–132 g

### 2 70 kg · 154 lb

Minimum 56 g
Lose weight 84–112 g
Build muscle 112–154 g

### 3 80 kg · 176 lb

Minimum 64 g
Lose weight 96–128 g
Build muscle 128–176 g

### 4 90 kg · 198 lb

Minimum 72 g
Lose weight 108–144 g
Build muscle 144–198 g

### 5 20–40 g per meal

3–4 protein meals beat one huge dinner.

### 6 Fix breakfast first

Eggs, Greek yogurt or cottage cheese.


**Track protein in every meal you snap.**

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