Recommended Daily Protein Intake - Male Athletes

Strength-Trained Athletes (Gain Muscle Mass)

Example Sports: basketball, hockey, football, tennis, LAX, baseball, fencing, alpine skiing, golf, water polo, sprinters jumpers, throwers

Daily Protein Goal: 1.8-2.2 grams per kilogram body weight

If You Weigh: **You Need This Much:**

BW-lb	Daily Protein (grams)
155	127-155
160	131-160
165	135-165
170	139-170
175	143-175
180	147-180
185	151-185
190	155-190
195	160-195
200	164-200
205	168-205
210	172-210
215	176-215
220	180-220
225	184-225
230	188-230
235	192-235
240	196-240
245	200-245
250	205-250
260	213-260
270	221-270
280	229-280
290	237-290
300	245-300

Strength-Trained Athletes (Maintain Muscle Mass)

Example Sports: basketball, hockey, football, tennis, LAX, baseball, fencing, alpine skiing, golf, water polo, sprinters jumpers, throwers

Daily Protein Goal: 1.3-1.7 grams per kilogram body weight

If You Weigh: **You Need This Much:**

BW-lb	Daily Protein (grams)
155	92-120
160	95-124
165	98-128
170	100-131
175	103-135
180	106-139
185	109-143
190	112-147
195	115-151
200	118-155
205	121-158
210	124-162
215	127-166
220	130-170
225	133-174
230	136-178
235	139-182
240	142-185
245	145-189
250	148-193
260	154-201
270	160-209
280	165-216
290	171-224
300	177-232

Endurance-Trained Athletes

Example Sports: distance runners, distance swimmers, nordic skiers

Daily Protein Goal: 1.1-1.4 grams per kilogram body weight

If You Weigh: **You Need This Much:**

BW-lb	Daily Protein (grams)
155	78-99
160	80-102
165	83-105
170	85-108
175	88-111
180	90-115
185	93-118
190	95-121
195	98-124
200	100-127
205	103-130
210	105-134
215	108-137
220	110-140
225	113-143

*** Determine which category you fit into - ask your strength coach if you are unsure**

* **Round your body weigh**t to the nearest 5 pounds (155-245) or nearest 10 pounds (250-300)

* **Within Range** - Efficient daily intake for desired goal

* **Below Range** - Deficient daily intake for desired goal

* **Above Range** - Excessive daily intake - no added benefit toward achieving goal