

UNDERSTANDING Higher Protein Diets

RECOMMENDED DIETARY ALLOWANCE (RDA)

The amount of a nutrient you need to meet your basic nutritional requirements.

The RDA for protein is:

0.8 grams of protein per kilogram of body weight **per day**

This is the minimum amount of protein needed to help support **muscle quality** (i.e. health) and **muscle quantity** in the body.



A "**Higher**" Protein Diet is any diet that consumes more than the RDA amount of protein.

For example, on a "higher" protein diet:

- **Healthy adults might consume 1.0 - 1.2** grams of protein per kilogram body weight per day.
- **Adults managing chronic disease might consume 1.2 - 1.5** grams of protein per kilogram body weight per day.
- **Adults who regularly exercise might consume 1.2** grams of protein per kilogram body weight per day.

Over time, as a result of aging, the body naturally loses muscle in the body. In addition to exercise and resistance training, **making sure to eat enough protein every day can help to maintain muscle** (middle adult life) or **help avoid losing muscle** (older adult life).

Examples of Good Sources of Protein:

Food	Amount of Protein (grams)
3 ounces tuna, salmon, haddock, or trout	21
3 ounces cooked chicken or turkey	19
6 ounces plain Greek yogurt	17
1/2 cup cooked beans	8
1/4 cup of nuts	7
1 egg	6

Resources: