

Electrolytes / Micronutrients Intake | Ketogenic Diet.

This table provides daily protein intake ranges for a ketogenic diet based on [lean body mass \(LBM\)](#) in 25-lb increments. Use your estimated [LBM](#) (approximated as your "ideal" or "skinny" weight) and activity level to determine your target.

Electrolytes Intake

Electrolytes prevent keto flu and maintain hydration. Ranges are based on general keto needs, slightly increasing with LBM due to larger body size and water turnover:

- **Sodium**: 3,000–5,000 mg/day.
- **Potassium**: 3,000–4,700 mg/day.
- **Magnesium**: 300–400 mg/day.
- **Note**: Active individuals may need the higher end due to sweat loss. Adjust based on symptoms (e.g., cramps, fatigue).

Lean Body Mass (lbs)	Sodium (mg/day)	Potassium (mg/day)	Magnesium (mg/day)
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100	3,000–4,500	3,000–4,200	300–350
125	3,000–4,500	3,000–4,200	300–350
150	3,200–4,700	3,200–4,400	320–370
175	3,200–4,700	3,200–4,400	320–370
200	3,500–5,000	3,500–4,700	340–400
225	3,500–5,000	3,500–4,700	340–400
250	3,500–5,000	3,500–4,700	340–400

Micronutrients Intake

Micronutrient needs are based on general dietary recommendations (RDA/AI) and are consistent across LBM and activity levels, as keto limits food variety:

- **Calcium**: 1,000–1,300 mg/day.
- **Vitamin D**: 600–800 IU/day (or more if deficient).
- **Vitamin C**: 75–90 mg/day (lower needs on keto due to reduced glucose competition).
- **B Vitamins**: Met through food (e.g., B1, B9 from liver, eggs); no specific daily gram range, but ensure sources are included.

- **Note**: Larger individuals may need slightly higher intakes to prevent deficiencies.
Supplements may be needed if diet lacks variety.

Lean Body Mass (lbs)	Calcium (mg/day)	Vitamin D (IU/day)	Vitamin C (mg/day)	B Vitamins
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100	1,000-1,200	600-800	75-90	Ensure sources
125	1,000-1,200	600-800	75-90	Ensure sources
150	1,000-1,300	600-800	75-90	Ensure sources
175	1,000-1,300	600-800	75-90	Ensure sources
200	1,100-1,300	600-800	75-90	Ensure sources
225	1,100-1,300	600-800	75-90	Ensure sources
250	1,100-1,300	600-800	75-90	Ensure sources

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