

Fat Intake by Lean Body Mass | 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.

****Light Activity (Sedentary)****

| Lean Body Mass (lbs) | Fat Range (g/day) |

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100	100-130	
125	125-163	
150	150-195	
175	175-228	
200	200-260	
225	225-293	
250	250-325	

****Moderate Activity (Moderately Active)****

| Lean Body Mass (lbs) | Fat Range (g/day) |

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100	130-170	
125	163-213	
150	195-255	
175	228-298	
200	260-340	
225	293-383	
250	325-425	

****Active (Athletes/Heavy Lifting)****

| Lean Body Mass (lbs) | Fat Range (g/day) |

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100	170-200	
125	213-250	
150	255-300	
175	298-350	
200	340-400	
225	383-450	
250	425-500	

Revision #2

Created 11 June 2025 22:31:55 by Danicus

Updated 11 June 2025 22:35:31 by Danicus