

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

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