

# Protein Intake by Lean Body Mass | Ketogenic Diet

## **\*\*Protein Intake\*\***

- **\*\*Light\*\***: 0.6-0.8 g/lb LBM
- **\*\*Moderate\*\***: 0.8-1.0 g/lb LBM
- **\*\*Active\*\***: 1.0-1.2 g/lb LBM

## **\*\*Light Activity (Sedentary)\*\***

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

Lean Body Mass (lbs)	Protein Range (g/day)
100	60-80
125	75-100
150	90-120
175	105-140
200	120-160
225	135-180
250	150-200

## **\*\*Moderate Activity (Moderately Active)\*\***

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

Lean Body Mass (lbs)	Protein Range (g/day)
100	80-100
125	100-125
150	120-150
175	140-175
200	160-200
225	180-225
250	200-250

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

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

Lean Body Mass (lbs)	Protein Range (g/day)
100	100-120
125	125-150
150	150-180
175	175-210
200	200-240
225	225-270
250	250-300

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