

How to calculate protein for each meal?

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Reply:

Protein is one of the important nutrients that provide energy for the body, along with carbohydrates and fats. Protein contributes to the building of muscles, tendons, skin, hormones and many other important functions. Adequate and correct protein supplementation is an important key to maintaining health.

To determine the appropriate amount of protein, you can apply the simple formula below (with numbers for reference only):

1. Determine lean mass:

Fat-free mass = weight - (weight x body fat percentage)

For example: A person weighing 65 kg with a body fat percentage of 20% will have a fat-free mass = $65 - (65 \times 20\%) = 52$ kg

2. Calculate the amount of protein needed each day:

Daily protein intake = lean mass x protein coefficient (ranges from 1.6-2.2 g/kg depending on activity level)

For the person in the example above, if you choose a factor of 1.6, the amount of protein needed per day = $52 \times 1.6 = 83$ g.

3. Divide this protein evenly among your meals throughout the day:

If you eat 3 main meals, each meal needs about 27g of protein. This number corresponds to about 100g of chicken breast, or 2-3 eggs, or 1 cup of tofu.

Protein needs vary depending on age, gender, health status and physical activity level. Older adults or athletes will need more protein to maintain muscle and energy.

Do not arbitrarily supplement protein too much, because excess can harm the kidneys or liver.

If you have difficulty calculating or are unclear about your body fat percentage, you should seek out a medical organization or nutritionist for specific guidance.

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Doctor **Phan Thai Tan**

Weight loss health coach



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