

Protein

Body & health

How much protein is enough, and what a complete protein means.

Chains of amino acids used to build and repair tissue. Nine amino acids are essential — the body cannot make them, so they must come from food.

BASELINE

0.8 g/kg

ACTIVE

1.2–1.6 g/kg

ESSENTIAL AAS

9

- General adult guideline: about 0.8 g per kg of body weight per day.
- Active or older adults are often advised 1.2–1.6 g/kg.
- Animal proteins contain all nine essential amino acids.
- Most plant proteins are low in one or two; soy and quinoa are exceptions.
- Combining plant sources across the day covers the full set.
- Roughly 20–30 g per meal is used efficiently for muscle repair.

LOOK FOR IT

A 70 kg adult: about 56 g a day at baseline; roughly 85–110 g if training regularly.

General guidance, not individual advice. Kidney disease and pregnancy both change protein needs substantially.