

The Ultimate Guide To Protein: How Much Do You Need Each Day?

by [Sammy Nickalls](#) | on January 26th, 2015 |

If you have been paying attention to the health and wellness world, you've probably heard the word "[protein](#)" more times than you can count.

That's because protein is essential to your health for *so* many reasons.

But how much protein do you really need? You'd think it would be a nice, round number, but it's a trickier question than you'd think.

"A simple question...to which there is no simple answer," says Hollywood cardiologist [Dr. Adam Splaver](#). "The amount of protein you need actually depends on your weight and level of activity."

According to fitness minimalist [Pat Flynn](#), the "scientific minimum" is 75 grams a day. "But that is for anybody who is weight training and wants to put on muscle, assuming overall calories are still in surplus."

But what about the rest of us? Our experts gave us several ways to look at it.

1. This simple mathematical formula...

A good rule of thumb, according to Splaver, is the following formula. First, take your weight in pounds and divide by 2.2. That gives you your weight in kilograms.

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Next, figure out your activity level. "Multiply by 0.8 if you are sedentary...or 1.8 if you are an athletic beast preparing for the Olympics," says Splaver. "Choose a number somewhere in between if you are a normal mortal like me who exercises regularly."

The number you get should be the amount of protein in grams that you need on a daily basis.

"However, you should never consume more than 25-30g of protein in one sitting," says Splaver. "That's because your body can't absorb more than that at any one given meal."