

How much protein do I need?



Everybody is different, but every body needs protein.

How much you need depends on your:



Age

+



Weight

+



Activity Level

+



Goals

Daily protein intake goals¹:

My weight (lbs.) >

My goals v

100

120

140

160

180

200



Healthy living

50-64 g

60-76 g

70-89 g

80-102 g

90-115 g

100-127 g



Weight management

64-73 g

76-87 g

89-102 g

102-116 g

114-131 g

127-145 g



Active lifestyle, moderate activity

64-82 g

76-98 g

89-114 g

102-131 g

114-147 g

127-163 g



High intensity sports, performance

82-100 g

98-120 g

114-140 g

131-160 g

147-180 g

163-200 g



Healthy aging, strength

64-79 g

76-95 g

90-111 g

102-127 g

114-143 g

127-159 g



Visit the calculator on TheStrongInside.com to find out how many grams of protein you need every day.

How do I choose the right type of protein?

Look for the highest quality protein, like **proteins from milk, whey, casein**, to meet your goals

Not all proteins are created equal!

Proteins from milk:

- ✓ Higher quality
- ✓ More complete
- ✓ Less processed

How do I get 25 g of protein?²

Watch out “lower quality protein = more calories” to reach same nutritional benefits.



Choose the best kind to meet your goals!

Proteins from milk are higher quality proteins because they contain all nine essential amino acids your body needs and are more efficiently digested by the body. Proteins from milk are absorbed at different rates, so you have a variety of high-quality protein options to meet your goals.

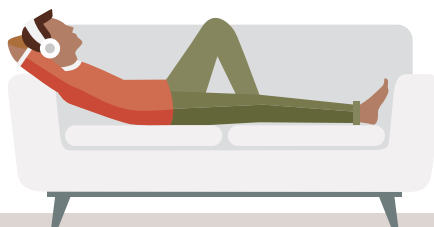
Whey Protein Concentrates and Isolates

Fast release, ideal for working out and weight management



Casein and Caseinates

Slow release, replenish and maintain muscle

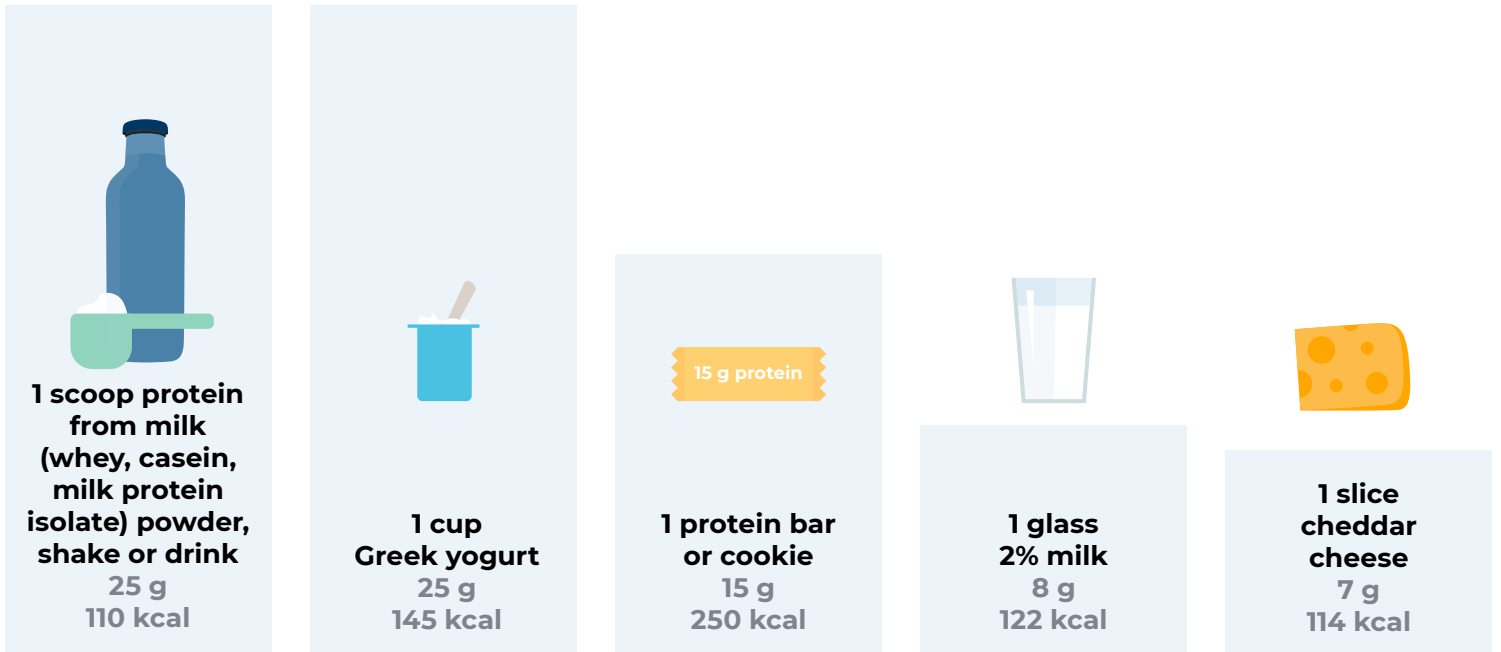


Milk Protein Concentrates and Isolates, Milk Products

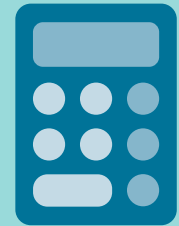
Manage hunger, strength throughout the day



Where can I find high quality proteins from milk?



Visit the calculator on [TheStrongInside.com](https://www.thestronginside.com) to find out how many grams of protein you need every day.



**PROTEINS
FROM MILK**

**THE
STRONG
INSIDE**

TM

¹ Protein recommendations and intake goals by the International Protein Board. See more at: <https://www.internationalproteinboard.org>

² U.S. Department of Agriculture. Agricultural Research Service. FoodData Central. Accessed October 13, 2020. Available at: <https://fdc.nal.usda.gov/index.html>. Proteins from Milk: Whey, milk protein isolate, casein; Yogurt: nonfat, plain; Chicken Breast: grilled, without sauce, skin not eaten; Eggs: Grade A, large, whole; Black Beans: canned, drained, fat not added in cooking; Almond Milk: unsweetened; Nut Butter: almond; Oatmeal: regular or quick, with water, not specified as to fat added in cooking.