

iPB BODY PROTEIN RECOMMENDATIONS

recommended dietary allowance	0.8–0.85 g/kg body weight men and women over 70: 0.94–1.07 g/kg BW	<ul style="list-style-type: none"> • global minimum level to reduce risk of dietary deficiency • not applied to weight loss, exercise and sports, illness etc. • adequacy accuracy and methodology require reassessment
general health	1.1–1.4 g/kg body weight	<ul style="list-style-type: none"> • increase over global requirements, which might be inadequate and lead to overemphasis of dietary carb and fat • supports bodily systems for health and wellness
general health and fitness	1.4–1.8 g/kg body weight	<ul style="list-style-type: none"> • increase in muscle protein production and balance • supports increases in strength and exercise endurance • supports leaner body composition
healthy weight loss	1.4–1.6 g/kg body weight	<ul style="list-style-type: none"> • protein requirements increase as energy intakes decrease • minimizes body protein losses during weight loss • supports hunger management as well as metabolism retention
healthy aging	1.4–1.75 g/kg body weight	<ul style="list-style-type: none"> • supports minimization in body loss protein • covers reduced efficiency of protein nutrition
advanced sport performance & muscle building	1.8–2.2 g/kg body weight	<ul style="list-style-type: none"> • muscle mass and strength development • endurance enhancement and increased use during performance