
Protein Requirements for Multiple Populations

Recommended Protein Intake for Normal Population ¹⁻²	0.8 g/kg body weight/day for adults (19 and older)
	1.5 g/kg body weight/day for children (Birth to Puberty)
	1.0 g/kg body weight/day for adolescents (Onset of Puberty to 19)
Recommended Protein Requirements for Critically Ill Patients by ASPEN ³	1.2 to 2.0g/kg body weight/day (if BMI <30)
	Greater than or equal to 2 g/kg body weight/day (if BMI 30-40)
	Greater Than 2.5 g/kg body weight/day (if BMI >40)
Recommended Protein Intake for Exercising Individuals by Position Statement by JISSN ⁴	1.4 to 2.0g/kg/day
Recommended Protein Intake for Cachexia Muscle Atrophy ⁵	1.5 g/kg/day
Recommended Protein Intake for Parental Nutrition by ESPEN for Critically Ill Patients ⁶	1.5 g/kg/day
Recommended Protein Intake for Enteral Nutrition in Wasting HIV and other Chronic Infectious Diseases ⁷	1.2g/kg/day in stable phases of the disease
	1.5 g/kg/day



References

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