

Protein Consumption Recommendations

<i>Population</i>	<i>IOM RDA (g/kg body weight/day)</i>	<i>Range to Optimize Body Composition & Health (g/kg body weight/ day)</i>
Infant to 1 year	1.5	
Children 1-3 years	1.1	
Children 4-13 years	0.95	
Children 14-18	0.85	
Adults 19-59 years	0.8	
Adult endurance athlete	0.8	1.2-1.4
Adult strength athlete	0.8	1.2-1.7
Adult 60 years or older	0.8	1.0-1.3
Dieting adult	0.8	1.2-1.6

Source: De Souza 2010; FAO/WHO/UNU 2007; IOM 2005; Layman 2009; Lejeune 2005; MSSE 2009; Mojtahedi 2011

The Institute of Medicine recommends that protein consumption increase during pregnancy and lactation, as well as during trauma and high metabolic stress. Premature infants also have increased protein needs. Increasing protein to optimal levels promotes healthy LBM in sports recovery, dieting and aging.