Neutral protein is 0.6 grams of protein per kilogram of body weight. This lessens the workload on the kidneys.

To calculate your daily protein intake -

- **Convert your body weight from pounds to kilograms.**

  If one weighs 110 pounds, divide 110 by $2.2 = 50$ kilograms.

  If one weighs 176 pounds, divide 176 by $2.2 = 80$ kilograms.

- **Multiply your kilogram body weight by 0.6 grams of protein.**

  Multiply 50 kilograms by $0.6 = 30$ grams of protein is neutral protein intake for a 110 pound person.

  or

  Multiply 80 kilograms by $0.6 = 48$ grams of protein is neutral protein intake for a 176 pound person.