

# CALCULATE NEUTRAL PROTEIN

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.