Danone Nutricia Campus

Protein Requirements

Plant Protein:

for health and planet

Adequate protein intake can range from 10% to 35% of total energy intake.

Daily recommendations are however based on an individual's body weight. Nitrogen balance studies suggest that the minimum requirement to maintain nitrogen balance, known as the average requirement, is 0.66g per kilogram of body weight per day (/kg/BW/day). The daily recommended intake of protein for healthy European adults ranges from 0.8 to 0.83g/kg/BW/day for both men and women, allowing for the variability of protein needs among individuals. Using these recommendations, a 75kg man would have a recommended intake of 60g protein per day, and a 60kg female would require 48g per day. Children, older adults, athletes and pregnant or breastfeeding women have higher recommendations to allow for growth, tissue maintenance and milk production as shown in table 1.

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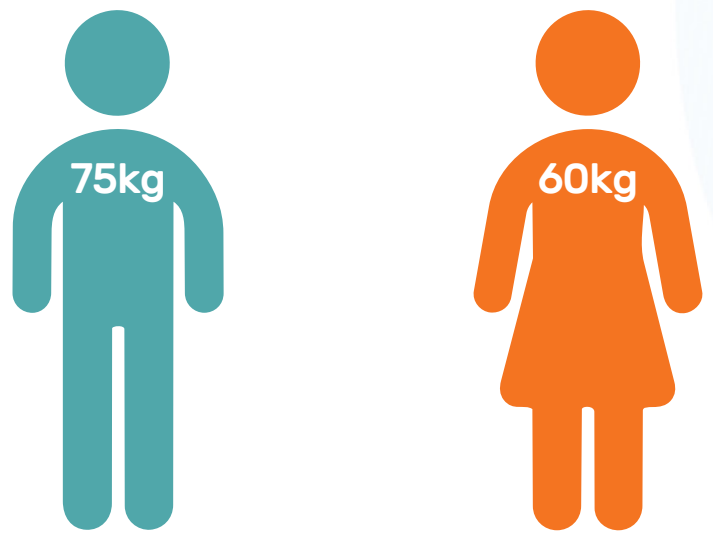
The daily recommended intake of protein for healthy Europeans is:



60g protein/day

48g protein/day

Table 1[1]

Age	Protein /kg/body weight/day (g)
Infants, children and adolescents	0.83 – 1.31
Adults	0.83
Older adults	1.0 -1.2
Older adults with illness	Up to 1.5[2]
Athletes	1.2 – 2.0[3]
Pregnant women 1st trimester 2nd trimester 3rd trimester	Additional intake of (g/day) 1.0 9.0 28.0
Breastfeeding women 0-6 months lactation 6+ months lactation	Additional intake of (g/day) 19.0 13.0

1. European Food Safety Authority (EFSA) 2012. Scientific opinion on dietary reference values for protein. EFSA Journal volume 10 issue 2. Accessed 14.06.2024. Available from DOI: https://doi.org/10.2903/j.efsa.2012.2557
2. Deutz NE, Bauer JM, Barazzoni R, et al. Protein intake and exercise for optimal muscle function with aging: recommendations from the ESPEN Expert Group. Clin Nutr. 2014;33(6):929-936. doi:10.1016/j.clnu.2014.04.007. Accessed 29.10.2024. Available at: https://pubmed.ncbi.nlm.nih.gov/24814383/
3. Egan B. Protein intake for athletes and active adults: Current concepts and controversies. Nutrition Bulletin 2016;41(3):202-213. Accessed 09.06.2024. Available at https://onlinelibrary.wiley.com/doi/full/10.1111/nbu.12215.