



PROTEIN EVERY DAY FOR STRONG WOMEN AT EVERY AGE

Based on Dr Stacy Sims' Research



★ DR STACY SIMS' PROTEIN PHILOSOPHY

Think about building and preserving muscle for the next **30–40 years** of life, not simply maintaining weight.

Women need **more protein** as they get older, not less.

Higher protein intake helps maintain muscle, support hormones, improve recovery, protect bone health and reduce the effects of age-related muscle loss (sarcopenia).

DAILY PROTEIN NEEDS: grams of protein per kilogram of body weight (g/kg/day)

AGE	NON-EXERCISE DAY Sedentary day 	LIGHT ACTIVITY Walking, yoga, balance class, NEAT 	VERY ACTIVE Functional fitness, resistance training, strength training, regular sport 
 40s (40–49)	1.4 – 1.6 g/kg	1.6 – 1.8 g/kg	1.8 – 2.2 g/kg
 50s (50–59)	1.5 – 1.7 g/kg	1.7 – 2.0 g/kg	2.0 – 2.2 g/kg
 60s (60–69)	1.6 – 1.8 g/kg	1.8 – 2.0 g/kg	2.0 – 2.2 g/kg
 70s (70–79)	1.6 – 1.8 g/kg	1.8 – 2.0 g/kg	2.0 – 2.2 g/kg
 80s+ (80 and over)	1.6 – 1.8 g/kg	1.8 – 2.0 g/kg	2.0 – 2.2 g/kg*

* Provided kidney function is healthy and there are no medical restrictions.

WHAT DOES THIS MEAN IN REAL LIFE? EXAMPLES BASED ON BODY WEIGHT

 70 KG (11 stone)	ACTIVITY LEVEL	DAILY PROTEIN TARGET	 Choose quality protein at every meal.	 60 KG (9½ stone)	ACTIVITY LEVEL	DAILY PROTEIN TARGET
	Non-exercise day	105 – 120 g			Non-exercise day	90 – 100 g
	Lightly active	120 – 140 g			Lightly active	100 – 120 g
	Very active	140 – 155 g			Very active	120 – 130 g

Use your body weight (kg) x the g/kg range above to find your personal target.

QUALITY PROTEIN SOURCES

- Lean meat
- Poultry
- Fish & seafood
- Eggs
- Greek yoghurt
- Cottage cheese
- Milk
- Tofu
- Tempeh
- Legumes
- Whey or plant protein powders
- Soya
- Hemp seeds
- Chia seeds

