

# Protein Requirement Worksheet

## *For Men*

### Step 1:

Weigh yourself and write down the results.

I weigh \_\_\_\_\_ lbs.

### Step 2:

Measure your waist size and write down the results.

My waist size is \_\_\_\_\_ inches.

### Step 3:

Measure your hip size (from the widest point) and write down the results.

My hip size is \_\_\_\_\_ inches.

### Step 4:

*If your waist is larger than your hips, go to Step 5.*

*If your waist is equal to or smaller than your hips:*

To get your daily protein intake in grams, simply divide your weight in half.

Weight \_\_\_\_\_ divided by 2 = \_\_\_\_\_ daily protein grams.

### Step 5:

Subtract your hips from your waist.

Waist \_\_\_\_\_ minus hip measurement \_\_\_\_\_ = Amount waist is larger than hips \_\_\_\_\_.

### Step 6:

Multiply the amount your waist is larger than your hips (answer from question 5) by 7.

\_\_\_\_\_ x 7 = \_\_\_\_\_

### Step 7:

Subtract answer from Step 6 from your weight.

Weight \_\_\_\_\_ minus answer from Step 6 = \_\_\_\_\_

### Step 8 (You are almost done...promise!)

To get your daily total protein intake in grams:

Divide answer from Step 7 in half. \_\_\_\_\_  
Your Total Daily Protein Intake in Grams \_\_\_\_\_

*If you are diabetic, subtract 5 grams of protein from your final total.*

*If you are a heavy exerciser, add 10 grams protein to your final total.*

# Protein Requirement Worksheet

## *For Women*

### Step 1:

Weigh yourself and write down the results.

I weigh \_\_\_\_\_ lbs.

### Step 2:

Measure your waist size and write down the results.

My waist size is \_\_\_\_\_ inches.

### Step 3:

Measure your hip size (from the widest point) and write down the results.

My hip size is \_\_\_\_\_ inches.

### Step 4:

Subtract 6 inches from hips; this equals your *adjusted* hip measurement.

My adjusted hip measurement is \_\_\_\_\_ inches.

### Step 5:

*If your waist is larger than your adjusted hip measurement, go to Step 6.*

*If your waist is equal to or smaller than your adjusted hip measurement:*

-To get your daily protein intake in grams simply divide your weight in half.

Weight \_\_\_\_ divided by 2= \_\_\_\_ daily protein grams.

### Step 6:

Subtract your adjusted hips from your waist.

Waist \_\_\_\_ minus adjusted hips \_\_\_\_ =

Amount waist is larger than adjusted hips \_\_\_\_

### Step 7:

Multiply the amount your waist is larger than your hips (answer from question 6) by 7.

\_\_\_\_\_ x 7 = \_\_\_\_\_

### Step 8:

Subtract answer from Step 7 from your weight.

Weight \_\_\_\_ minus answer from Step 7 = \_\_\_\_\_

### Step 9 (You are almost done...promise!)

To get your daily total protein intake in grams:

Divide answer from Step 8 by two. \_\_\_\_

Then:

Subtract 5 from that total. (-5) \_\_\_\_\_

Your Total Daily Protein Intake in grams \_\_\_\_\_

*If you are diabetic, subtract 5 grams of protein from your final total.*

*If you are a heavy exerciser, add 10 grams protein to your final total.*

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\* From *The Rosendale Diet* written by Ron Rosendale, M.D.