

kg x 3 = Grams of Protein Then converted to Ounces (all approx)

Pounds	Kilogram	Gram	Ounces
100	45	135	4.75
110	50	150	5.25
120	54	162	5.75
130	59	177	6.25
140	64	192	6.75
150	68	204	7.25
160	73	219	7.75
170	77	231	8.15
180	82	246	8.70
190	86	258	9.00
200	91	273	9.75
210	95	285	10.00
220	99	297	10.50
239	104	312	11.00
240	109	327	11.50
250	114	342	12.00
260	118	354	12.50
270	123	369	13.00
280	127	381	13.50
290	132	396	14.00
300	136	408	14.50



EYE Balling Portions of COMPLETE PROTEINS

(Proteins with all the Amino Acids)



3.5" x 2.5"

APPROX
3 ounces meat

6 x 2.75"

APPROX
3 ounces fish

2"
meatball
APPROX
2 ounces meat



Where we get protein in our unprocessed foods

COMPLETE PROTEIN **All** ESSENTIAL AMINO ACIDS

Excellent COMPLETE Protein/Fat Source

MEAT

FISH (Bio-individual)

EGGS (Very Bio-individual)

DAIRY (VERY Bio-individual)

ADMR

(Acceptable Macronutrient Distribution Ranges)

**Your weight in kg
x 2.5 to 3 =
Protein in grams**

for **General** Population Guidance.
Good place to start using.

See Simplify Self Care 2 Charts.
I converted kg to lbs then the grams to ounces for you. and an visual cue option too

CARB/PROTEIN/FAT

Carb/Protein/FatSource

AVOCADO

SEEDS

NUTS (Very Bio-individual)

CARB/PROTEIN


Carb/Protein Source

VEGETABLES

FRUITS

GRAIN (VERY Bio-individual)

BEANS (Very Bio-individual)

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