

<b>Individual</b>	<b>Grams per pound of body weight</b>
Current sedentary adult	0.4
Recreational adult exerciser	0.5-0.7
Adult endurance athlete	0.6-0.7
Growing teenage athlete	0.7-0.9
Adult building muscle mass	0.7-0.8
Athlete restricting calories	0.8-0.9
Estimated upper requirements for adults	0.9
<b>Average protein intake of male endurance athletes</b>	<b>0.5-0.9</b>
<b>Average protein intake of female athletes</b>	<b>0.5-0.8</b>