

New Mexico State University

Extension Family and Consumer Sciences

Dietary Guidelines for Americans (DGA), 2025–2030 Explained

Daily Protein Recommendations

The new Dietary Guidelines for Americans (DGA) recommend that healthy adults consume **1.2–1.6 grams of protein per kilogram of body weight each day**.

You can estimate your daily protein needs by following these simple steps:

1. Take your body weight in pounds (lb)
2. Divide it by **2.2** to convert pounds to kilograms
3. Then multiply that number by **1.2** and **1.6** to find your recommended protein range

Formula:

(Your weight in lb / 2.2) × 1.2 = ____ grams of protein/day

(Your weight in lb / 2.2) × 1.6 = ____ grams of protein/day

Example:

If you weigh **150 lb**:

$(150 / 2.2) \times 1.2 = 81$ grams/day

$(150 / 2.2) \times 1.6 = 108$ grams/day

Recommended daily protein intake: **81–108 grams per day**

A simple way to track protein intake from different food sources is an **ounce-equivalent (oz-eq)**. In general, **1 oz-eq provides about 7 grams of protein**. The following foods each count as approximately **1 oz-eq**:

- 1 ounce cooked meat, poultry, or seafood
- ¼ cup cooked beans or peas
- 1 egg
- 1 tablespoon nut or seed butter
- ½ ounce nuts
Examples: 12 almonds, 24 pistachios, or 7 walnut halves
- ½ ounce seeds
Examples: sunflower seeds or pumpkin seeds
- ¼ cup tofu (about 2 ounces)
- 1 ounce cooked tempeh
- ¼ cup cooked soybeans
- 2 tablespoons hummus
- ½ cup bean, lentil, or split pea soup
- 1 cup dairy (milk, yogurt, or kefir)

Key Point: Using ounce-equivalents can help you mix and match balanced options from animal and plant based protein foods throughout the day while meeting your daily protein goals.



Important Note: This recommendation is for healthy individuals. Individuals with medical conditions or specific diagnoses should consult with their physician and/or registered dietitian before making significant changes to their protein intake or overall diet.

Resources

- **Dietary Guidelines for Americans, 2025–2030:**
<https://cdn.realfood.gov/DGA.pdf>
- *Krause and Mahan's food and the nutrition care process* (16th ed.). Raymond, J. L., & Morrow, K. (2023). Elsevier.

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<https://efcs.nmsu.edu/programs/food-nutrition-website.html>



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