

MACROS FOR KETO

"IBW" is Ideal Body Weight not what you weigh now

Your Fat Grams must double your Protein Grams

When starting KETO, carbs are always 20 grams or less

The following scale is based upon light or active exercise 1 to 3 time a week

Calculations below are recommended by ADA (American Dietetic Association) Low to High Range

Choose your amount of protein on whether you are sedintary or active

MALE (DAILY)

Height	IBW	Protein
6'4"	196	89 - 160
6'3"	190	86 - 155
6'2"	184	83 - 150
6'1"	178	81 - 145
6'0"	172	78 - 140
5'11"	166	75 - 136
5'10"	160	73 - 131
5'9"	154	70 - 126
5'8"	148	67 - 121
5'7"	142	64 - 116

Created 2018

FEMALE (DAILY)

Height	IBW	Protein
6'0"	160	73 - 131
5'11"	155	70 - 127
5'10"	150	68 - 122
5'9"	145	66 - 118
5'8"	140	64 - 114
5'7"	135	61 - 110
5'6"	130	59 - 106
5'5"	125	57 - 102
5'4"	120	54 - 98
5'3"	115	52 - 94
5'2"	110	50 - 90
5'1"	105	48 - 86
5'0"	100	45 - 82