TECHNICAL BULLETIN

SolvPro®

SolvPro® – New Protein Guidelines

Here is the updated daily protein recommendation according to the *new U.S. food pyramid / Dietary Guidelines for Americans 2025–2030*, which were released in early January 2026:

Protein Daily Intake (New Recommendation)

Adults are now encouraged to consume between 1.2 and 1.6 grams of protein per kilogram of body weight per day.

> For example, a 150-pound (68 kg) adult would be advised to consume approximately 81.6 – 109 grams of protein per day.

Context and Significance

This represents a notable increase over prior guidance, which effectively used 0.8 g/kg per day as the baseline intake (roughly 54 g/day for a 150-pound person).

The shift reflects the new guidelines' emphasis on *protein at every meal* and a focus on "real food," prioritizing nutrient-dense protein sources from both animal and plant foods.

Important Considerations

These guidelines move beyond the traditional "minimum to prevent deficiency" framing and position protein as a cornerstone of the overall dietary pattern. Health professionals note that individual needs vary based on factors such as age, activity level, health status (e.g., kidney function), and that the evidence base for a higher universal protein target has been debated.

Please contact Dennis Reid at dennisr@osagefood.com or on his cell at 314-497-0920 for more information.

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