



PROTEIN & PERFORMANCE

Protein is essential for building and repairing muscle, in addition to many other tissues in the body.

- Animal-derived proteins (meat, seafood, dairy and eggs) contain all of the essential amino acids (EAAs, which are crucial building blocks for protein synthesis).
- Vegetarian or vegan athletes should make a concerted effort to get protein from a variety of plant-based proteins to ensure they get all of the EAAs in their diet.

Aim to get your protein from a variety of sources – this ensures that you will get the wide variety of nutrients that these foods offer, like iron, EPA/DHA, calcium and vitamin D, choline, fiber and omega-3 fatty acids.

MEAT/ SEAFOOD

Beef
Poultry
Pork
Fish
Shellfish

DAIRY

Milk
Yogurt
Cottage cheese
Cheese

EGGS

Whole eggs
Quiche
Omelet

PLANT SOURCES

Beans
Lentils
Nuts/seeds
Whole grains
Soy



HOW MUCH PROTEIN DO YOU NEED?

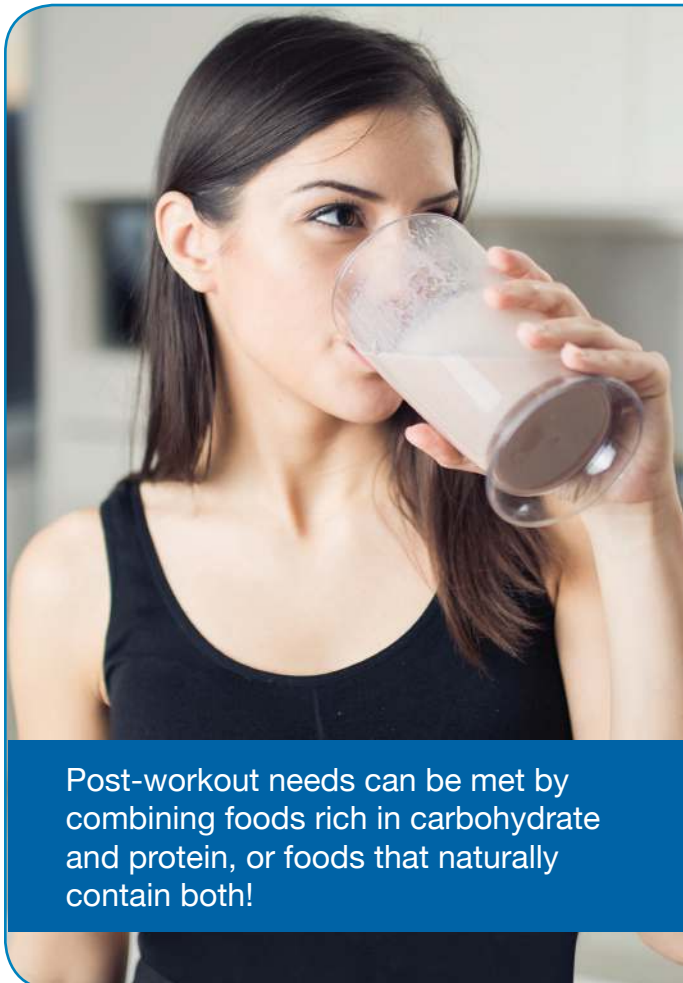
Athletes should aim to consume 1.2 - 2.0 grams of protein per kilogram of body weight per day (g/kg/d).¹

- Athletes should aim for the high end of this range if they are participating in intense training with the goal of increasing lean mass, or if they are recovering from an injury.

Weight	Grams of protein/day
150 LBS (68.2 kg)	80-135 g/day
200 LBS (90.9 kg)	110-180 g/day
250 LBS (113.6 kg)	135-225 g/day
300 LBS (136.4 kg)	165-275 g/day

This protein intake should be spread throughout the day with each meal and snack providing 20-40 g of protein.

A 3-egg omelet with a glass of milk has 26 g of protein or a 3-egg omelet with 1 oz. cheddar cheese has 25 g of protein.



Post-workout needs can be met by combining foods rich in carbohydrate and protein, or foods that naturally contain both!

POST-WORKOUT

To optimize muscle synthesis and recovery, athletes should consume 20-40 g of protein in conjunction with carbohydrate within 30 minutes of finishing a workout.

EXAMPLES

Chocolate milk	Bagel + peanut butter
Protein shake	Oatmeal + peanut butter
Smoothie	Yogurt + granola
Protein bar	Hard-boiled eggs + fruit
PB&J sandwich	Cottage cheese + fruit
Deli sandwich	Hummus + pita
Trail mix	Cheese + crackers
Cereal + milk	Nuts + granola bar

both carbohydrates and protein
 carbohydrates
 protein

¹Caspero, A. (2017, July 17). Protein and the Athlete - How Much Do You Need? Retrieved from <https://www.eatright.org/fitness/sports-and-performance/fueling-your-workout/protein-and-the-athlete>