## 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	DAIRY	EGGS	PLANT SOURCES	200	
Beef	Milk	Whole eggs	Beans		
Poultry	Yogurt	Quiche	Lentils		
Pork	Cottage	Omelet	Nuts/seeds	MAN	SIN AST
Fish	cheese		Whole grains		A STORE
Shellfish	Cheese		Soy		





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## 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).<sup>1</sup>

• 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

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.

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

<sup>1</sup>Caspero, A. (2017, July 17). Protein and the Athlete - How Much Do You Need?

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