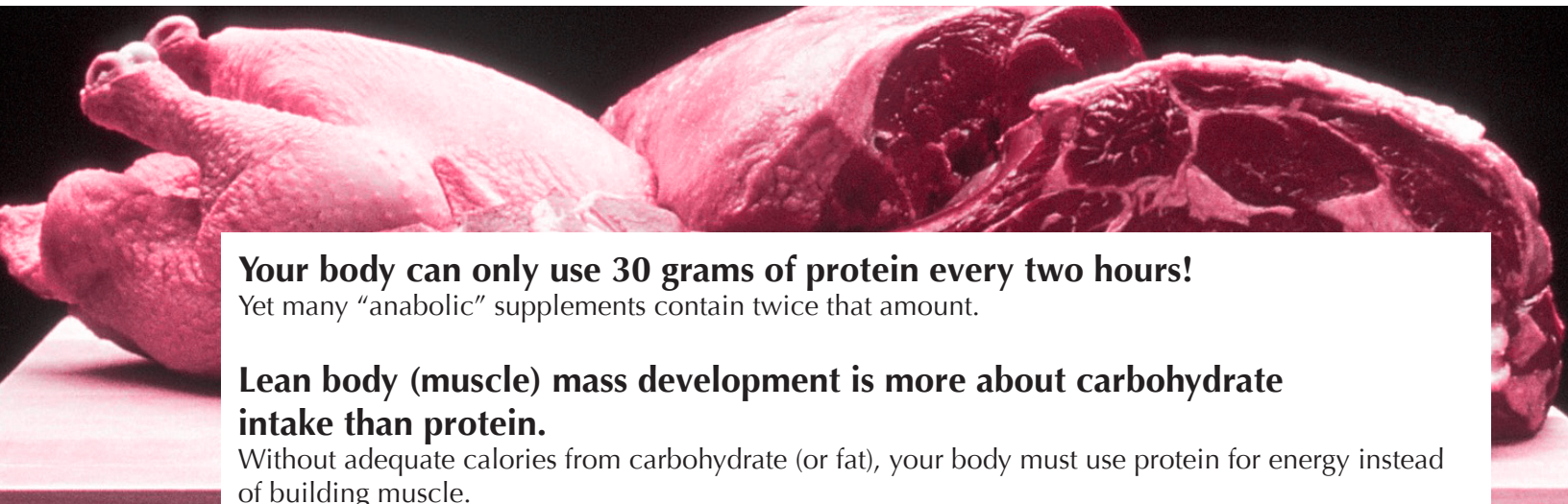


PROTEIN FOR SPORT



Top Three Things to Know About Protein



Your body can only use 30 grams of protein every two hours!

Yet many "anabolic" supplements contain twice that amount.

Lean body (muscle) mass development is more about carbohydrate intake than protein.

Without adequate calories from carbohydrate (or fat), your body must use protein for energy instead of building muscle.

#1

More is not better. Extra protein is not stored.



#2

Eat protein immediately after exercise while also replenishing carbs.

For the greatest gains in muscle recovery, rebuilding, repair and strength, have a post-exercise snack with 10-25 grams of protein within 30 minutes post-exercise.

Recommended post-exercise snacks: (Carbs + Protein)

- 8 oz chocolate milk
- Apple + string cheese
- Bagel/ English muffin with peanut butter
- Banana + 6 oz greek yogurt
- Whole grain crackers + hard boiled egg

Food	Serving Size (providing approximately 8 grams protein each)
Chicken/ Turkey	1oz; 1/4 cup chopped or diced
Tuna Fish, canned in water and drained	1.25oz; or about 1/5 of a 6oz can
Eggs	1 whole large egg; 2 large egg whites
Beef Jerky	1oz; 1 large piece
Edamame (soy beans)	3/4 cup in pods; 1/2 cup shelled
Peanut/ Almond Butter	2 Tablespoons
Plain Yogurt, low fat	2/3 cup; 6oz container
Greek Yogurt, plain, non-fat	3oz; 1/3 cup
Milk/ Chocolate Milk	8oz; 1 cup
Cheese	1 string cheese; 1oz
Baked beans	1/2 cup
Almonds, dried	30 nuts
Old fashioned oats, dry	3/4 cup
100% Whole wheat bread	2 slices

#3

Know your proteins.

Athletes may benefit by having a quick protein chart that lists protein-rich foods and corresponding serving sizes for specific grams of protein. This tool can help not only with meal planning, but also as a quick go-to guide for appropriate snacks.

Here is a quick list of protein-rich foods providing eight grams of protein each. Mix and match with other foods to meet daily calorie and nutrient goals.

Drug Free Sport™