POWER PERFORMANCE WITH PROTEIN

Athletes require more protein than the average person. High-quality protein not only provides energy, it is an essential part of a training diet supporting:

- Strong muscles, bones, ligaments, and tendons
- Muscle recovery
- Moving oxygen to muscles
- Metabolism of other nutrients
- Healthy immune function

Suggested Range: 0.5-0.8 grams of protein/pound body weight/day.

- Aim for 20-30 grams of high-quality protein at each meal and after workouts.
  - Include foods like milk, yogurt, eggs, cheese and lean meats.
  - Remember that not all proteins are created equal.
  - Choose sources higher in leucine—which helps to build and repair muscle. Some experts recommend aiming for ~2.5 grams/meal.

1 can white tuna = 41g protein 3.3g leucine
3 oz. chicken breast = 25g protein 1.8g leucine
1 scoop (28 g) whey protein isolate = 24g protein 2.5g leucine
3 large eggs = 19g protein 1.5g leucine
1 single-serving Greek yogurt = 15g protein 1.5g leucine
8 oz. chocolate milk = 8g protein 0.8g leucine