

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.



For advice on customizing a nutrition plan, consult a sports dietitian.

- 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