FUEL
PERFORMANCE
WITH PROTEIN

Athletes need more protein than the average person. High-quality protein supplies energy and is a vital part of a training diet that supports:

- Strong muscles, bones, ligaments, and tendons
- Muscle recovery
- Oxygen delivery to muscles
- Use of other nutrients
- Healthy immune function

Suggested daily range: 0.5–0.8 grams of protein per pound of body weight.

For a nutrition plan tailored to you, consult a sports dietitian.

- Aim for 20–30 grams of high-quality protein at meals and after exercise.
  - Include milk, yogurt, eggs, cheese, and lean meats.
- Keep in mind that protein sources differ in quality.
  - Choose leucine-rich sources to help build and repair muscle. Some experts suggest about 2.5 grams of leucine per 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