

PROTEIN FOR PERFORMANCE

Protein helps build and restore muscle, along with many other tissues throughout the body.

- Animal proteins, including meat, seafood, dairy and eggs, supply every essential amino acid (EAA), the building blocks needed to make new proteins.
- Vegetarian and vegan athletes should deliberately choose a wide range of plant proteins to ensure their diet supplies all essential amino acids.

Choose a range of protein foods to obtain the many nutrients they supply, including iron, EPA/DHA, calcium, vitamin D, choline, fiber and omega-3 fatty acids.

MEAT/ SEAFOOD
- Beef
- Poultry
- Pork
- Fish
- Shellfish

DAIRY
- Milk
- Yogurt
- Cottage cheese
- Cheese

EGGS
- Whole eggs
- Quiche
- Omelet

PLANT PROTEINS
- Beans
- Lentils
- Nuts & seeds
- Whole grains
- Soy



Information provided by EGG NUTRITION CENTER

·C·P·S·D·A· FUELING VICTORY

www.eggnutritioncenter.org
Collegiate and Professional Sports Dietitians Association (CPSDA)
Prepared by CPSDA Sports Dietitians (RDs) www.sportsRD.org

WHAT IS YOUR PROTEIN REQUIREMENT?

Athletes should target 1.2-2.0 grams of protein per kilogram of body weight each day (g/kg/d).[1]

- Aim near the top of this range during intense training to increase lean body mass, or while recovering from injury.

Weight	Daily protein (grams)
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

Distribute protein throughout the day, with each meal and snack supplying 20-40g protein.

A 3-egg omelet and a glass of milk supply 26g protein; a 3-egg omelet with 1oz cheddar cheese supplies 25g protein.





Meet recovery needs by pairing carbohydrate-rich foods with protein, or choosing foods that naturally provide both!

AFTER EXERCISE

For optimal muscle protein synthesis and recovery, eat 20-40g protein along with carbohydrate within 30 minutes after completing a workout.

FOOD IDEAS

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

carbohydrate and protein | carbohydrate | protein

[1]Caspero, A. (2017, July 17). Protein and the Athlete - How Much Do You Need? Retrieved from https://www.eatright.org/fitness/sports-and-performance/fueling-your-workout/protein-and-the-athlete