

Protein

Protein Facts

- Amino acids are the building blocks of protein.
- Proteins form hormones, enzymes, aid in immunity, fluid balance, pH balance, provide energy, and make up body tissues such as muscle, skin, and bone.
- A variety of animal and plant-based foods provide protein including chicken, fish, eggs, milk, yogurt, soy, nuts, beans, and grains..



Protein and Muscle Building

- Protein helps to build and repair muscles and maintain strength.
- In addition to protein, eating enough energy and providing an exercise stimulus promote muscle protein synthesis.



Exercise + Protein + Adequate Calorie Intake = Muscle Building

How much protein should athletes eat?

- Athletes need more protein to repair and rebuild muscle.
- Protein needs range from 1.2 to 2.0 grams/kg of body weight per day (or ~0.5 to 0.9 grams/pound)
- Aim to eat protein-rich foods regularly throughout the day to optimize muscle mass and strength.

