

THE PROTEIN EDGE



POWERHOUSE PERFORMANCE

Including protein throughout the day, along with meeting energy needs, is best for muscle building and repair.

Although protein needs vary depending on the sport you play, your age, your body weight and your sex, a general guide is .6 to .9 grams of protein per pound of body weight. Most teens can get the protein they need by including high-quality sources in their daily diet – like dairy (milk, cheese and yogurt), lean meat, poultry, fish, eggs and soy.

PRO TIP

Within 30 minutes after practice or a game, make sure you have a meal or snack that includes both carbohydrates and high-quality protein to refuel and rebuild muscle.

PROTEIN GOALS

Timing is important; make sure you have high-quality protein at each meal and snack while meeting your overall energy needs.

Eating the right amount is key – eating too much will be stored as extra calories and eating too little means your body needs to supply it, which may result in muscle breakdown or loss.

Both exercise AND protein are needed to build, strengthen and repair muscles.

WHICH FOODS CONTAIN THE MOST PROTEIN



16-22 grams per serving	11-15 grams per serving	6-10 grams per serving	2-5 grams per serving
beef, chicken, pork or turkey (3 oz)	yogurt (1 cup)	yogurt (1 cup)	brown rice (1 cup - cooked)
seafood or fish (3 oz)	edamame pods (1 cup)	cheese (1 string)	oatmeal (1 cup- cooked)
Greek yogurt (1 cup)	2 eggs	beans (1/2 cup)	nuts (1 oz)
	cottage cheese (1/2 cup)	nut butters (2 tbsp)	quinoa (1/2 cup - cooked)
		tofu, firm (1/2 cup)	hummus (2 tbsp)