Protein is essential for building and repairing muscle, in addition to many other tissues in the body.

- Animal-derived proteins (meat, seafood, dairy and eggs) contain all of the essential amino acids (EAAs, which are crucial building blocks for protein synthesis).
- Vegetarian or vegan athletes should make a concerted effort to get protein from a variety of plant-based proteins to ensure they get all of the EAAs in their diet.

Aim to get your protein from a variety of sources – this ensures that you will get the wide variety of nutrients that these foods offer, like iron, EPA/DHA, calcium and vitamin D, choline, fiber and omega-3 fatty acids.

<table>
<thead>
<tr>
<th>MEAT/ SEAFOOD</th>
<th>DAIRY</th>
<th>EGGS</th>
<th>PLANT SOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Milk</td>
<td>Whole eggs</td>
<td>Beans</td>
</tr>
<tr>
<td>Poultry</td>
<td>Yogurt</td>
<td>Quiche</td>
<td>Lentils</td>
</tr>
<tr>
<td>Pork</td>
<td>Cottage cheese</td>
<td>Omelet</td>
<td>Nuts/seeds</td>
</tr>
<tr>
<td>Fish</td>
<td>Cheese</td>
<td></td>
<td>Whole grains</td>
</tr>
<tr>
<td>Shellfish</td>
<td></td>
<td></td>
<td>Soy</td>
</tr>
</tbody>
</table>

Information presented by EGG NUTRITION CENTER
Collegiate and Professional Sports Dietitians Association (CPSDA)
Written by CPSDA Sports Dietitians (RDs) www.sportsRD.org
**HOW MUCH PROTEIN DO YOU NEED?**

Athletes should aim to consume 1.2 - 2.0 grams of protein per kilogram of body weight per day (g/kg/d).¹

- Athletes should aim for the high end of this range if they are participating in intense training with the goal of increasing lean mass, or if they are recovering from an injury.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Grams of protein/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 LBS (68.2 kg)</td>
<td>80-135 g/day</td>
</tr>
<tr>
<td>200 LBS (90.9 kg)</td>
<td>110-180 g/day</td>
</tr>
<tr>
<td>250 LBS (113.6 kg)</td>
<td>135-225 g/day</td>
</tr>
<tr>
<td>300 LBS (136.4 kg)</td>
<td>165-275 g/day</td>
</tr>
</tbody>
</table>

A 3-egg omelet with a glass of milk has 26 g of protein or a 3-egg omelet with 1 oz. cheddar cheese has 25 g of protein.

*This protein intake should be spread throughout the day with each meal and snack providing 20-40 g of protein.*

**POST-WORKOUT**

To optimize muscle synthesis and recovery, athletes should consume 20-40 g of protein in conjunction with carbohydrate within 30 minutes of finishing a workout.

**EXAMPLES**

- **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

Post-workout needs can be met by combining foods rich in carbohydrate and protein, or foods that naturally contain both!