

# Quick Protein Facts

## PURPOSE OF PROTEIN

Protein is vital when it comes to repairing and rebuilding muscles after intense training sessions and workouts as well as maintaining immune function.

Protein deficiencies can lead to decreased performance and increases in both injury and illness. Protein is important because it helps to:

- Build, maintain and repair muscles
- Strengthen the immune system

## WHAT TYPE OF PROTEIN

Strive to consume clean and lean sources of protein. An easy way to remember the type of protein sources to consume is “the less legs the better.” The continuum looks like this:

1. Fish - No legs
2. Chicken and Turkey - 2 legs
3. Beef and Pork - 4 legs

Other sources of clean and lean protein sources include:

- Eggs
- Low-fat dairy products
- Tofu, soy and other plant based proteins

## HOW MUCH PROTEIN

A good rule of thumb is to eat between 0.5-1 grams of protein per pound of body weight. For example, a 180lb athlete should consume 90-180 grams of protein daily spread over 5-6 meals.

- More Sedentary – Stay closer to 0.5 grams
- More Active – Stay closer to 1 gram

A serving of protein is roughly equivalent to the size and thickness of an athlete's palm. So if you open your hand, the size of your palm, minus your fingers and thumb, resembles a serving size of protein appropriate for you.