PROTEIN AND THE ATHLETE

TASK: Teach your Soldiers about protein needs.

CONDITIONS: Discussion – Question based.

STANDARDS: Understand why protein is needed and estimate protein needs based on type of athlete.
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• Protein helps repair and strengthen muscle tissue.

• Eating large amounts of protein will not equate with a toned physique.

• Overall diet is important.

• Protein contributes about 10% of total fuel during rest and activity.

• Consuming adequate carbohydrates and fat decreases the use of protein for energy and preserves lean body mass.
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• Exercise and diet are important for muscle growth.

• Duration and intensity are factors in protein needs.

• Timing is crucial – consume high quality protein (i.e. eggs) immediately after (within 45 minutes) of exercise with carbohydrates to enhance muscle growth and tissue repair.

• Strength and power athletes require more protein than endurance athletes.
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General population: 0.8g/kg body weight
- example: 190lb (86.4 kg) individual would need 69g protein per day.

Endurance athlete: 1.2-1.4g/kg body weight
- example: 190lb (86.4 kg) individual would need 104-121g protein per day.

Power athlete (strength or speed): 1.2-1.7g/kg body weight
- example: 190lb (86.4 kg) individual would need 104-147g protein per day.
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• Most athletes can get all the protein they need through diet alone.

• Protein powders and supplements are great for convenience (busy athletes).

• Whole foods and quality protein are best when time allows.