



# 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.



# PROTEIN AND THE ATHLETE

- 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.



# PROTEIN AND THE ATHLETE

- 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.



# PROTEIN AND THE ATHLETE

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.



# PROTEIN AND THE ATHLETE

- 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.