



- 1. T/F Eating protein alone will make me toned.**

False – overall diet and exercise are important not just protein alone. Protein needs change based on type of activity.

- 2. How soon should I eat after exercise for optimal recovery?**

Immediately or within 45 minutes

- 3. Are protein supplements needed to consume adequate protein?**

No. Needs can be met by diet alone. Supplements are great for convenience.