



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

REFERENCE(S): Protein and the Athlete- How Much DO You Need?

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<http://www.eatright.org/Public/content.aspx?id=6442477918>



Protein

- 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



Activity

- 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



Recommendations

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 Supplements?

- 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