

Protein and building muscle

Building, growing and repairing muscle is not all about the amount of protein we eat.

To to build muscle we need to:

- Set realistic goals
- Do exercise that uses the muscle strength
- Make sure we have adequate energy and carbohydrate
- Correctly time and spread our protein intake over the following 24 - 30 hours

The recreational athlete needs about **1.2-1.4** grams of protein per kilogram of body weight. For an 80kg athlete that would be ~105g of protein. This equals 25g at each meal and 10g over 3 snacks.

Food first before supplements means that our bodies can benefit from all that food has to offer to help with overall health and recovery. This includes antioxidants, vitamins and minerals such as calcium and iron and electrolytes.

When it comes to our snacks and meals following a workout, our bodies deserve to be well nourished.



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This is general information only.
Individual nutrition advice is always recommended.



Your body deserves the best



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For more information or to find an accredited dietitian go to:

- www.sportsdietitians.com.au
- <https://www.betterhealth.vic.gov.au/health/HealthyLiving/protein>
- www.dietitiansaustralia.org.au

Protein containing foods

Protein content

Meat, fish, chicken	(150g)	=	~30g
Eggs	(2 x 50g eggs)	=	12g
Nuts and seeds	(30g)	=	7g
Beans and lentils	(~1/2 cup)	=	7g
Dairy products			
High Protein yoghurt	(100g)	=	8g
Milk	(200ml)	=	7g
Soy products	(tofu 100g)	=	12g
Full whole grain bread	(1 slice)	=	4 - 6g

Snack ideas (7-12g protein)

- 20g nuts and a tub of yoghurt
- 200ml milk and a boiled egg
- 2 vita weat with & 2tblsp peanut butter
- 1/4 cup hummus & 2 vita weat
- 30g Roasted chickpeas/fava beans
- 30g cheese & crackers