# TO IMPROVE PROTEIN INTAKE IN SPORTS

## 1 TOTAL

**AIM TO INCLUDE PROTEIN IN EACH MEAL OR SNACK** 



BODY WEIGHT	50 KG	70 KG	90 KG
TOTAL PROTEIN PER DAY (GRAMS)	75	105	135
TOTAL PROTEIN PER MEAL OR SNACK (ASSUMING TOTAL OF 5 PER DAY)	15	21	27

### WHAT DOES ~30 GRAMS OF PROTEIN **LOOK LIKE?**









1 medium fillet (150g raw) **STEAK** 

**CHICKEN BREAST** 

1 small fillet (100g) 2 thin slices (150g) **PORK TENDERLOIN** 

1 can (130g) **TUNA** 



1 cup (250g) **HIGH PROTEIN** 

**YOGHURT** 



3 large **EGGS** 



2 cups (360g) **LENTILS** 



7 tsp **PEANUT BUTTER** 

**PROTEIN FROM ANIMAL AND PLANT SOURCES ARE EFFECTIVE** IN PROMOTING MUSCLE RECONDITIONING **FOLLOWING EXERCISE** 

MEAT	PULSES	
FISH	NUTS AND SEEDS	
SHELLFISH	BEANS	
EGGS	GRAINS	
DAIRY	QUORN	





**IF YOU HAVE A PLANT** BASED DIET, **BE SURE TO INCLUDE A VARIETY OF PLANT PROTEIN** 

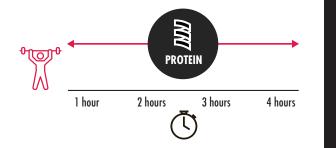
**SOURCES** 





## 3 TIMING

**EVENLY SPREAD** YOUR PROTEIN INTAKE THROUGHOUT THE **DAY AND WITHIN 3 HOURS AFTER EXERCISE** 



DANONE **GetPRO**