

# Protein Guidelines



## *Overcoming Protein Myths*

- Adding dietary protein alone will NOT increase muscle mass.
- Excess dietary protein will be stored as fat without the stimulus of weight training
- High-protein diets do not provide enough muscle fuel to let you exercise hard enough to build to your potential.

## *How Much Protein Do You Need?*

### Grams of protein per pound of body weight

Current RDA for sedentary adult	0.4
Recreational exerciser, adult	0.5-0.7
Competitive athlete, adult	0.6-0.9
Growing teenage athlete	0.9-1.0
Adult building muscle mass	0.7-0.9
Maximum useable amount for adults	1.0

## *Building Muscle Mass*

- \*To add 1 lb of pure muscle in a week –
- Add 10-14 g of additional protein daily
  - Food examples
    - Add 2 oz meat
    - 2 string cheese
    - 1-1/2 to 2 cups milk
    - ½ c. cottage cheese

\*The body can add only 2 lb of muscle per week.

## *Risks of Excess Protein*

- Kidney Damage
- Dehydration
- Calcium Loss
- Unbalanced diet, esp. inadequate carbs to maintain or replenish muscle glycogen stores

## *Supplements*

In general, whole protein supplements are not needed to meet protein requirements because protein is readily available in food; however, these products can be convenient, especially for athletes with high calorie needs and little time for meal preparation.

## *Sample Protein Foods for 200g Day*

Breakfast -	2 c. Milk
	2 T. Peanut Butter
Lunch -	3 oz. Lunch Meat
	1 oz. cheese
Snacks-	3/4 c. Cottage cheese
	2 oz. Nuts
Dinner -	6 oz. Chicken Breast
	2 c. Milk



# Sports Nutrition