

## PROTEIN

Do not get confused - carbohydrate is the energy source for all of your training and playing needs. Protein is required for the development of your structure, i.e. it is the building block for muscle maintenance, muscle growth and normal bones.

Physically active individuals are advised to include 1.2 - 2.0g of protein per each kg of their body weight in their daily diet. For an average female this is equal to 72 -120g of protein per day which can be easily achieved through eating protein-rich foods, such as lean meats, dairy products, pulses and lentils.

## ADDING EXTRA PROTEIN

Adding extra protein to your exercise recovery strategy is important. The muscles are most receptive to rebuilding straight after a workout session. It is recommended to take on 15-25g of high quality protein in early recovery phase (0-2 h after exercise). Why not try adding 15-25g of post-exercise protein in the form of:

- 1 small sirloin steak = 20g
- 1 small chicken breast = 30g
- 1 medium salmon fillet = 25g
- 1 cup of kidney beans = 10g
- 1 Jumbo boiled egg = 10g
- 1 small pot of Greek yogurt = 10g
- 250 ml semi skimmed milk = 8g



## TOP TIPS ON PROTEIN

- ✓ Aim to include protein in every meal.
- ✓ Choose low fat protein sources.
- ✓ Think savoury at breakfast - if you've got time, have a healthy cooked breakfast e.g. grilled lean meats, poached, boiled or scrambled eggs.
- ✓ Protein snacks include things like cottage cheese, hard boiled eggs, and low fat houmous.
- ✓ All proteins are good, but not all are equal - some proteins contain high amounts of hidden fats.