

PROTEIN FOR RECOVERY

A GUIDE: Football is a high-intensity intermittent sport that results in muscle, cartilage and bone damage that must be minimized so that you are healthy at the end of the year. Increasing protein turnover is essential during the football season in order to repair muscle fibers damaged during training or games.

1 WHEN TO CONSUME PROTEIN



Take advantage of the increased blood flow from your workout and eat protein as soon as possible afterwards, to quickly deliver the nutrients to your muscles.



2 WHAT'S CONSIDERED HIGH-QUALITY PROTEIN?

COMPLETE PROTEINS

Contains all the essential amino acids needed to help muscles rebuild. Common forms of complete proteins are:



Whey Protein

Rapidly absorbed and rich in Leucine for a quick recovery.



Casein Protein

Slowly absorbed if taken alone & steadily releases amino acids.



Soy Protein

Rapidly absorbed, but lacking Leucine (essential to rebuilding).



INCOMPLETE PROTEINS

Lack some of the essential amino acids, which means incomplete proteins are not the best choice, if eaten alone.



3 SO, HOW MUCH DO YOU NEED?

It depends. Multiply your weight in pounds by 0.11g to see how much you need to start restoring your muscles.

For example:

WEIGHT : PROTEIN

WEIGHT	PROTEIN
180 LBS	about 20 G [Gatorade Recover®]
225 LBS	about 25 G [3-4oz of Chicken Breast]
270 LBS	about 30 G [5-6oz of Salmon]



CASEIN & WHEY

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ANIMAL PROTEIN

EGG PROTEIN

SOY PROTEIN

ANIMAL PROTEIN