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### Boost Your Energy with Protein

Whether you are trying to build your muscle mass, lose weight or curb your carbohydrate cravings, it is important to include a little protein at each meal and snack. Having protein with every meal stabilizes your blood sugars and keeps you satisfied longer, which helps prevent overeating and extra snacking later.

Meat, fish, poultry, soy and dairy are high quality and complete proteins, because they contain all nine of the essential amino acids and deliver them in a form that the body can digest easily. Amino acids are the building blocks that the body needs to make muscle, hair, nails and skin. They are also used to build hormones, antibodies for our immune system and the brain messengers called neurotransmitters.

### How Much Is Enough?

Depending on the sport, most athletes need about 1.2-1.8grams of protein per kg of body weight.<sup>1</sup> Try to include about 15-20grams of protein at each meal and 10-15g of protein at each snack.

Body Weight		Daily Protein Needs
120 lbs	55kg	66 – 99 grams per day
140 lbs	64kg	77 – 115 grams per day
160 lbs	73kg	88 – 131 grams per day
180 lbs	82kg	98 – 148 grams per day
200 lbs	91kg	109 – 164 grams per day

<sup>1</sup>Protein needs depend on your age, sex, weight, training program and other factors. Talk to a registered dietitian about your exact protein needs

### Too Much of a Good Thing?

The typical North American diet provides 1.4 to 2.0 grams of protein/kg/day, more than the daily requirement. Consuming too much protein is hard on the kidneys, bad for bone health and causes the body to lose water.

### Sources of Protein

Include a variety of protein foods rather than supplements to ensure that you get enough nutrients such as iron, B vitamins and zinc.

Food	Serving	Protein (g)	Fat (g)
<b>Non-vegetarian</b>			
Poultry, white, without skin	3 ounces	26	4
Salmon, Sockeye	3 ounces	23	6
Tuna, canned in water	3 ounces	22	1
Halibut	3 ounces	23	1
Beefsteak, broiled	3 ounces	19	22
Ground beef, extra lean	3 ounces	24	17
Deli turkey slice	1 slice (1 oz.)	5	1
Turkey hot dog	1 (1.5 oz.)	5	8
<b>Vegetarian</b>			
Cottage cheese, low fat	1 cup	28	1
Yogurt, low fat	8 ounces	12	3
Tofu	½ cup	10	5
Lentils, cooked	½ cup	9	1
Edamame, cooked	½ cup	6	3
Split peas, cooked	½ cup	8	1
Kidney beans, cooked	½ cup	8	1
Baked beans	½ cup	6	1
Mozarella cheese, part skim	1 ounce	7	5
Skim milk	1 cup	8	0
Soy milk, plain	1 cup	7	4
Egg	1 large	6	5
Peanut butter	1 Tbsp	4	8
Soy hot dog	1 (1.5 oz.)	11	2
Falafel	1 (3 oz.)	7.5	13
Hummus	1 cup	20	1
Chili Tim Horton's	10 ounces	26	19
Sushi, California	1 roll (6 pieces)	5	3
Seaweed spirulina	1 cup	9	1
<b>Nuts</b>			
Almonds	¼ cup	6	15
Cashews	¼ cup	4	12
Hazelnuts	¼ cup	5	12
Peanuts	¼ cup	7	14
Pine nuts	¼ cup	4	19
Pistachios	¼ cup	6	13
Soy nuts, unsalted	¼ cup	12	4
Walnuts	¼ cup	4	18

For more information on sport nutrition, please consult your Canadian Sport Centre Pacific Dietitian.



## Powering Sport Performance

The Canadian Sport Centre Pacific, in partnership with the network of Canadian Sport Centres and PacificSport Centres, delivers sport performance programs to help athletes and coaches win medals for Canada. Working in support of our national and provincial sport partners, the Canadian Sport Centre Pacific is creating a stronger system for the development of athletes, coaches, performance enhancement teams and sport performance facilities. [www.cscpacific.ca](http://www.cscpacific.ca)