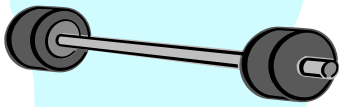


Protein and the Teen Athlete

PROTEIN AND YOU

The demand that physical activity places on your body requires YOU to eat more protein than those who are less active. In order to perform at your best you need to eat enough protein and other nutrients, such as carbohydrate and healthy fats to prevent break down of your body's protein stores.



HOW MUCH PROTEIN DO YOU NEED?

A serving of protein consists of a 3-ounce portion of meat, chicken or fish OR a serving of milk, peanut butter, nuts, seed or beans. Think of a deck of cards or the palm of your hand as the proper portion size for meat.



Table 1: Calculate Your Protein Needs (based on weight in pounds)

Activity level	Protein Needs (grams)	X	Body Weight (pounds)	=	Recommended Daily Protein Needs (grams)
Sedentary	0.36	X	130	=	47
Moderate Intensity athlete	0.54	X	130	=	70
Now you do the math and calculate YOUR individual protein needs					
Your activity level		X		=	

WORDS ABOUT WATER

Cold water cools your body, replaces fluids lost while sweating and brings nutrients to cells which is especially important during exercise.

Dehydration decreases your athletic performance by draining energy. Be SMART and drink **before**, **during** and **after** physical activity!



WHERE IS PROTEIN FOUND?

Table 2: Protein content of foods

Food (serving size)	Protein grams
Chicken breast (3 ounces)	21
Hamburger patty (3 ounces)	21
Tuna (3 ounces)	21
Baked beans (1 cup)	14
Low-fat milk (8 ounces)	8
Low-fat cheddar cheese (1 ounce)	7
Egg (1 large)	6
Egg white only (1 large)	4
Peanut butter (2 tablespoons)	7
Sunflower seeds or nuts (1 ounce)	5 -6
Kashi GoLean® Cereal (1 cup)	9
Barilla Plus® Pasta (1/2 cup)	10

EAT TO WIN

A well balanced diet includes a variety of foods in the right amounts. To achieve peak performance and keep your body properly fueled, follow these easy tips:

- Eat breakfast EVERY morning
- Refuel every 3-4 hours with 3 meals and 2 snacks per day
- Include at least 3 fruits and 3 vegetables each day
- Drink at least 3 cups of low fat or fat free milk or yogurt for bone health
- Consume at least 2 servings of lean protein every day
- Eat at least 6 servings of grains per day (make half of them whole such as whole-wheat bread and brown rice)
- Drink lots of water (6-8 glasses) and drink before you feel thirsty!

A well-balanced diet, sensible training plan and adequate sleep will keep you on top of your game.

THE SCOOP ON PROTEIN SUPPLEMENTS

Protein supplements are expensive, not necessary and don't add up to **Pro-teen** success; it is as simple as that. The average diet typically provides more than enough protein to meet your needs. Taking supplements may put you at risk for excess protein intake. Follow the 'Eat to Win' tips to be sure you are getting enough protein.

TOO MUCH PROTEIN: A PROBLEM

Too much of a good thing is definitely the case with protein. Eating protein in excess of your needs can lead to the following:

- Dehydration
- Calcium loss
- Stress on the kidneys
- Excess protein calories stored as fat

All of the above will make it more difficult for you to achieve your athletic goals.



Websites to visit for more information:

Teen Health
<http://www.kidshealth.org>

Protein Nutrition for Athletes
<http://www.espn.go.com>

Protein Needs
<http://www.nutrition.arizona.edu>

Protein
<http://www.team.uconn.edu>