



Sports Nutrition Program

Tip of the Week

Protein Requirements for Athletes

Research has proven that athletes should not use protein as their primary fuel source for energy. Eating large amounts of protein WILL NOT build muscle. In fact the body can only absorb a small amount of protein at one time (approx. 10 g/hr). The 40 grams of protein contained in your favorite protein shake or bar is not fully absorbed and the majority is excreted in your urine as waste or stored as fat. Wow! Isn't that expensive urine. API recommends that an athlete consume only 20% of their total daily caloric intake from protein. Try this simple equation for calculating your daily protein requirements.

$$\text{Total Daily Calories} \quad \underline{\hspace{2cm}} \quad \times .20 = \underline{\hspace{2cm}} \quad / 4 = \underline{\hspace{2cm}} \quad \text{g}^* \text{ protein / day}$$

Sample Equation

$$\text{Total Daily Calories} \quad \underline{2600} \quad \times .20 = \underline{520} \quad / 4 = \underline{130} \quad \text{g}^* \text{ protein / day}$$

API can help athletes develop a personal nutrition plan that will effectively and safely build muscle and reduce body-fat. Contact Patti Kuhlman, Director of Sports Nutrition at (410) 987-4728 or send e-mail to sportsnutrition@athleticperformanceinc.com. Focus your efforts on eating right for long-term health and optimal sport performance!