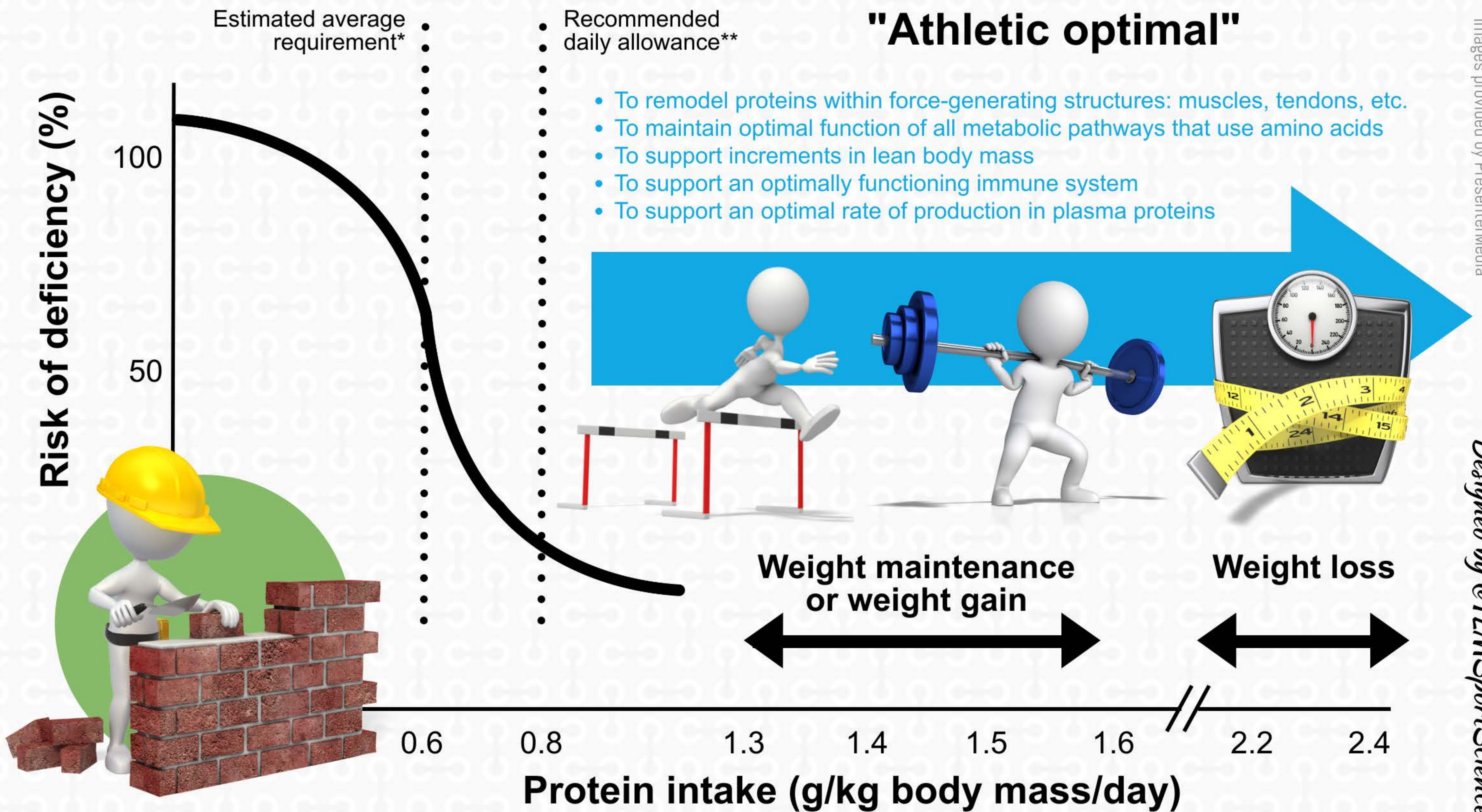


# DIETARY PROTEIN

## for Training Adaptation and Body Composition



Images provided by PresenterMedia

Designed by @YLMSSportScience

\*Intake level at which the needs of 50 percent of the population will be met; \*\* Intake level per day considered necessary for the maintenance of good health



- 1 Consume ~0.4–0.5 g/kg body mass per serving/meal for maximal stimulation of muscle protein synthesis when real food is ingested (vs ~0.3–0.4 g/kg body mass for isolated proteins)
- 2 Select leucine-rich rapidly digested protein sources, such as whey protein, to elicit a greater stimulation of muscle protein synthesis during training recovery

- 3 Distribute your daily protein intake in 4–5 equally spaced servings throughout the day and include a slow-releasing, protein-rich, snack at bedtime

