

PROTEIN

Why do we need protein?



For growing athletes, protein is a critical nutrient for growth and development of tissue and muscle fibre.



Protein is a source of energy for the immune system that protect us from illness



Protein plays an important role in muscle repair after exercise



Protein is often referred to as a 'building block' as it makes up muscle tissue, hormones and enzymes

Protein is most effectively used in the body when it spread throughout the day, rather than in 1 or 2 large meals.

Aim to have 3-4 protein-rich meals across the day e.g:

BREAKFAST

LUNCH

SNACK

DINNER

