

PROTEIN + EXERCISE

THE POWER COUPLE



FUNCTION OF PROTEIN IN THE BODY

When it comes to exercise, the main function of protein is to help repair and build lean muscle mass.



PROTEIN RECOMMENDATIONS

- Maintenance (General Population): 0.8 – 1.0g of protein per kilogram of body weight per day
- Performance (Active Population): 1.2 – 1.7g of protein per kilogram of body weight per day
- People > 50 years old need slightly more than the average recommendations in order to maintain muscle mass

Individual Body Weight Examples

68kg Individual (150lbs)

91kg Individual (200lbs)

Goal/Phase

Maintenance

Performance

Maintenance

Performance

Recommended Daily Protein Consumption

55 – 68g

82 – 116g

73 – 91g

110 - 155g

When to consume protein & how much



REGULARLY THROUGHOUT THE DAY

- **What for:** Consistent total daily protein intake is equally, if not more, important than nutrient timing when it comes to muscular health. Keeping amino acids readily available in the body will aid in regular muscle repair, growth and other functions such as enhanced immunity, hormone function, pH balance and more
- **How much:** 15-30g per meal, but no more than 40g at once for optimal absorption



AFTER YOUR WORKOUT (WITHIN 30-60 MINUTES)

- **What for:** This is known as the “anabolic window” where nutrition can have the greatest influence on resistance training adaptations, muscle repair and growth
- **How much:** 15-30g

Differences in types of protein/supplements



COMPLETE PROTEIN

Contains all 9 essential amino acids (EAA). These 9 EAA are essential in building and repairing muscle, supporting immunity and nutrient absorption. The human body cannot produce them naturally, so we must get them from food.



INCOMPLETE PROTEIN

This protein is missing at least 1 essential amino acid.

Protein Breakdown

Types of Protein	Whey	Soy	Pea	Brown Rice Protein
Complete Protein	Yes	Yes	No*	No*
Vegan	No	Yes	Yes	Yes
Gluten-Free	Yes	Yes	Yes	Yes
Taste/Texture	Creamy	Nutty	Earthy/ Chalky	Minimal

*The essential amino acid that pea protein lacks, brown rice protein has in ample supply, and vice versa. When combined, they help fill in each other's gaps to form a complete protein.

Which protein powder is best?

Long answer short – it depends! Everybody is different, and it is common to choose a protein based on your dietary restrictions (vegan or not), possible allergies (lactose intolerant, soy allergy, etc.), taste preference, and overall experimentation to see what makes you feel the best.