Protein

How Much is Enough?

Protein Sources

Whether in a specialized diet or not, protein is essential to an athlete's body. Based on body weight:
- Power athletes (speed/strength): 1.2-1.7 grams/kilogram
- Endurance athletes: 1.2-1.4 grams/kilogram

1. Fish, cooked 29 grams/4 oz
2. Chicken, cooked 27 grams/4 oz
3. Tofu 20 grams/half cup
4. Greek Yogurt 12-15 grams/cup
5. Nut Butters 5-8 grams/2 Tablespoons
6. Egg 7 grams/1 egg

Sources: