**PROTEIN FOR RECOVERY**

**PROTEIN STRUCTURES**
Protein structures in the body are constantly turning over, breaking down and rebuilding with new amino acids from the diet.

**EXERCISE**
Exercise accelerates this process and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.

**RECOVERY**
Consuming protein to start the recovery process as soon as possible after practice and competition helps to rebuild muscle tissue as well as promote training adaptations.

**TYPES OF PROTEIN**
Consume high-quality, complete protein sources that are rapidly absorbed and rich in leucine.

**WHEY AND MILK PROTEIN ARE GREAT CHOICES**

- **WHEY AND MILK PROTEIN**
  - meet all the criteria
  - have been shown to be effective for recovery

- **LEUCINE**
  - one of the amino acid building blocks for new muscle
  - acts as a signal for the muscle to start the process of assembling new muscle proteins

**EXAMPLE PROTEIN CONSUMPTION CYCLE**
To get the most out of their workout, athletes should consume protein regularly throughout the day.

**RECOMMENDED AMOUNT**
More isn’t better. Research shows that ~20 g of protein is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

If you want to get specific for your athlete, calculate 0.25 g/kg.

Check out www.GSSIweb.org for more information on this topic and additional resources.