Protein

What is protein?
Protein is an essential nutrient that helps build and preserve muscle, making it very important for athletes to perform their best. Protein also keeps you full longer between meals.

What else can protein do?
Protein can aid healing and tissue growth/repair, support a strong immune system, keep hair, nails, and skin healthy, and build healthy blood cells. Props to this super nutrient!

How much protein do I need?
Most athletes need about ¾-1 gram per pound of their body weight in protein. For example, a 200 lb. basketball player needs about 150-200g of protein per day. See the snacks/serving sizes that provide roughly 10 grams of protein to see if you’re getting enough protein!