

FITNESS

NUTRITION IS AN IMPORTANT ASPECT OF ATHLETIC *Performance*

Whether for professional sports or weekend activities, a person's nutrient intake matters for muscle health, endurance and fitness. It is important for all active individuals to follow a healthy eating pattern to ensure they get adequate vitamins, minerals and other nutrients like protein.

Dietary protein helps support muscle health in active people of all ages. Eating 20-40 grams of protein sources rich in essential amino acids, such as egg or whey, has been shown to promote muscle growth and repair. The total amount of protein consumed each day is important too. Current recommendations for most exercising individuals is 1.2-2.0 grams of protein/kilogram body weight/day.



KEY MESSAGES

- Watch calorie intake! People often don't burn as many calories during physical activity as they think, so they eat more than they should. Some people may find that exercise makes them hungrier.¹
- Eating protein foods during or after exercise helps muscle growth and repair. High-quality protein, such as that found in eggs, provide all the essential amino acids.
- Active individuals should follow a healthy eating pattern that includes not only high-quality protein sources like eggs, but also fruits, vegetables, whole grains and other nutritious foods to meet their nutrient needs.

REFERENCES:

1. Maraki M, Tsofliou F, Pitsiladis YP, et al. Acute effects of a single exercise class on appetite, energy intake and mood. Is there a time of day effect? *Appetite* 2005;45:272-278.

FITNESS

Spread the Word



FITNESS VIDEO

Watch the video @ EggNutritionCenter.org/FitnessVideo

f EATING PROTEIN CAN SUPPORT MUSCLE HEALTH. To get the most out of protein think quality, quantity and timing. EggNutritionCenter.org/Protein4Fitness

🐦 DOES PROTEIN TYPE MATTER? High-quality protein has all of the essential amino acids required for muscle health. EggNutritionCenter.org/Matters

🐦 EGGS HAVE A UNIQUE NUTRIENT PACKAGE. They not only include protein, but also vitamins, minerals, fats and other compounds that support muscle health. EggNutritionCenter.org/MuscleHealth

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT FITNESS.



RECIPE IDEA

Spicy Bean Breakfast Burrito

Download recipe @ EggNutritionCenter.org/SpicyBeanBreakfastBurrito

SHAREABLE GRAPHIC

Protein & Physical Performance

High-quality proteins are easily digested and contain all of the essential amino acids to **BUILD MUSCLE**.

20-30g Protein

20-30 grams of protein at meals can **PROMOTE MUSCLE PROTEIN SYNTHESIS**.

Eating high-quality protein with carbs post-workout can help **BUILD MUSCLES** and **OPTIMIZE RECOVERY**.

Quality **Quantity** **Timing**

ENC
EGG NUTRITION CENTER
eggnutritioncenter.org

PROTEIN & PHYSICAL PERFORMANCE
EggNutritionCenter.org/PhysicalPerformanceGraphic

HANDOUT

Eggs for EveryBODY

All natural
Cholesterol
A healthy fat
13 Carbs
Vitamins & Minerals
Protein (6 grams)
High Quality Protein
All for 70 calories in a large egg!

Protein & Physical Performance

Quality **Quantity** **Timing**

ENC
EGG NUTRITION CENTER
eggnutritioncenter.org

EGGS FOR EVERYBODY
EggNutritionCenter.org/EggsForEverybody

