**PROTIEN INTAKE for Athletes**

Protein is a very important nutrient that the body needs while you trying to gain muscle. Apart from athletes and body builders who need more protein for performance, we all need protein as it is in every part of our bodies, organs, cells, eyes, muscle hair, skin, nails, blood and tissue, and we need to replace it on a regular basis.

The best way to gain healthy muscle is by eating a steady amount of protein with each meal. The amounts of meals eaten per day needs to also increase, to at least five but preferred is six meals per day. The following chart was created as a guide to help you gain healthy muscle mass. The weight that is at the top of the chart would be considered your goal weight.

**Goal Weight Grams of Protein Per Day Grams of Protein Per Meal**

150 180 25-30

160 192 27-32

170 204 28-34

180 216 30-36

190 228 32-38

200 240 33-40

210 252 35-42

220 264 37-44

230 276 38-46

240 288 40-48

250 300 42-50

260 312 43-52

270 324 45-54

The grams of protein per day will only be beneficial for gaining healthy muscle mass if you continue with weight training overseen by your coaches as well as cardiovascular conditioning. Also protein won't make muscles grow unfortunately, only exercise will do that! Protein is needed also for muscle growth, tissue repair, and fatigue after exercise. This is why athletes do need more protein due to the extra stress on their bodies.   
Due to your increase of protein you need to be drinking water constantly throughout the day and to quote an NFL athletic trainer, “peeing clear anytime you go to the bathroom.” Carbonated sodas need to be removed from your diet as much as possible and you will need to continue to eat carbohydrates as well.

The list below of rich protein foods also lists the carbohydrates, fats and calories. Much sure that you are continuing to eat a balanced diet of all food groups just be sure to hit your grams per day of protein for your goal weight. This list is a reference point for you and you will still need to be eating foods not on the list as well to ensure you diet is balanced.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Food (Per 100g) | Protein | Carbs | Fat | Calories | | [Almond Nuts](http://www.howmuchprotein.com/foods/almonds/) | 21.1g | 6.9g | 55.8g | 2541kJ (614kcal) | | [Anchovies](http://www.howmuchprotein.com/foods/anchovies/) | 14.5g | 0.1g | 2.8g | 355kJ (85kcal) | | [Asparagus](http://www.howmuchprotein.com/foods/asparagus/) | 2.9g | 2.0g | 0.6g | 106kJ (25kcal) | | [Avocado](http://www.howmuchprotein.com/foods/avocado/) | 1.9g | 1.9g | 19.5g | 790kJ (195kcal) | | [Bacon](http://www.howmuchprotein.com/foods/bacon/) | 15.9g |  | 19.8g | 1005kJ (245kcal) | | [Baked Beans](http://www.howmuchprotein.com/foods/baked-beans/) | 9.5g | 22.1g | 0.4g | 130kcal | | [Bananas](http://www.howmuchprotein.com/foods/bananas/) | 1.2g | 23.2g | 0.3g | 426kJ (100kcal) | | [Beef Fillet Steak](http://www.howmuchprotein.com/foods/steak/) | 20.9g | 0g | 7.9g | 648kJ (155kcal) | | [Bread (wholemeal)](http://www.howmuchprotein.com/foods/bread/) | 11.0g | 39.1g | 2.2g | 935kJ (220kcal) | | [Broccoli](http://www.howmuchprotein.com/foods/broccoli/) | 4.2g | 3.2g | 0.2g | 133kJ (31kcal) | | [Carrots](http://www.howmuchprotein.com/foods/carrots/) | 0.6g | 7.9g | 0.3g | 156kJ (37kcal) | | [Cheese](http://www.howmuchprotein.com/foods/cheese/) | 30.9g | 0.1g | 15.0g | 1085kJ (260kcal) | | [Chicken Breast (Skinless)](http://www.howmuchprotein.com/foods/chicken/) | 23.5g | 0g | 1.7g | 462kJ (109kcal) | | [Coconut](http://www.howmuchprotein.com/foods/coconut/) | 3.33g | 15.23g | 33.49g | 354 | | [Cod fish](http://www.howmuchprotein.com/foods/cod-fish/) | 17.9g | 0g | 0.9g | 340kJ (80kcal) | | [Cottage Cheese](http://www.howmuchprotein.com/foods/cottage-cheese/) | 12.2g | 4.5g | 1.5g | 340kJ (80kcal) | | [Couscous](http://www.howmuchprotein.com/foods/couscous/) | 15.1g | 73.1g | 1.1g | 1545kJ (365kcal) | | [Crab meat](http://www.howmuchprotein.com/foods/crab-meat/) | 18.1g | trace | 0.5g | 330kJ (80kcal) | | [eggs](http://www.howmuchprotein.com/foods/eggs/) | 12.5g | Trace | 3.2g | 627kJ (151kcal) | | [Goji Berries](http://www.howmuchprotein.com/foods/goji-berries/) | 12.3g | 57.7g | 0.3g | 1205kJ (285kcal) | | [Haddock Fish](http://www.howmuchprotein.com/foods/haddock/) | 16.4g | 0g | 1.2g | 325kJ (80kcal) | | [Hummus](http://www.howmuchprotein.com/foods/humus/) | 7.4g | 9.8g | 26.8g | 1285kJ (310kcal) | | [Lamb (Steak)](http://www.howmuchprotein.com/foods/lamb/) | 19.9g | 0.8g | 3.2g | 475kJ (115kcal) | | [Lobster](http://www.howmuchprotein.com/foods/lobster/) | 26.41 | 3.12 | 1.94 | 143 | | [Milk (Semi Skimmed)](http://www.howmuchprotein.com/foods/milk/) | 3.6g | 4.8g | 1.8g | 209kJ (50kcal) | | [Milk (Whole)](http://www.howmuchprotein.com/foods/whole-milk/) | 3.3g | 4.7g | 3.6g | 268kJ (64kcal) | | [Monkfish](http://www.howmuchprotein.com/foods/monkfish/) | 24g |  | 1.7g |  | | [Orange](http://www.howmuchprotein.com/foods/orange/) | 1.1g | 8.5g | 0.1g | 167kJ (39kcal) | | [Orange Roughy Fish](http://www.howmuchprotein.com/foods/orange-roughy/) | 22.64g | 0g | 0.034g | 105 | | [Pasta](http://www.howmuchprotein.com/foods/pasta/) | 12.5g | 73.0g | 1.4g | 1505kJ (355kcal) | | [Peanut Butter (Crunchy)](http://www.howmuchprotein.com/foods/peanut-butter/) | 24.9g | 10.1g | 50.2g | 2452kJ | | [Peas](http://www.howmuchprotein.com/foods/peas/) | 5.9g | 9.0g | 0.9g | 290kJ (70kcal) | | [Pizza (Pepperoni)](http://www.howmuchprotein.com/foods/pizza/) | 11.4g | 28.0g | 11.1g | 1085kJ (260kcal) | | [Pork Chops](http://www.howmuchprotein.com/foods/pork/) | 19.3g |  | 20.3g | 1080kJ (260kcal) | | [Porridge oats](http://www.howmuchprotein.com/foods/porridge-oats/) | 11.0g | 60g | 8.0g | 1500 kJ/ (356 kcal) | | [Potatoes](http://www.howmuchprotein.com/foods/potato/) | 2.1g | 17.2g | 0.2g | 335kJ (80kcal) | | [Prawns](http://www.howmuchprotein.com/foods/prawns/) | 17.0g | 0.3g | 0.9g | 330kJ (80kcal) | | [Pumpkin Seeds](http://www.howmuchprotein.com/foods/pumpkinseeds/) | 28.8g | 15.2g | 45.6g | 2435kJ/586kcal | | [Rice (brown)](http://www.howmuchprotein.com/foods/rice/) | 6.9g | 74.0g | 2.8g | 1480kJ (350kcal) | | [Salmon Fish Fillets (Boneless)](http://www.howmuchprotein.com/foods/salmon/) | 21.6g | 0g | 14.0g | 885kJ (215kcal) | | [Sardines (Fish)](http://www.howmuchprotein.com/foods/sardines/) | 21.5g | trace | 9.6g | 721kJ (172kcal) | | [Sausages (pork)](http://www.howmuchprotein.com/foods/sausages/) | 13.9g | 11.9g | 17.0g | 1069kJ | | [soya beans](http://www.howmuchprotein.com/foods/soya-beans/) | 35.9g | 14.8g | 18.6g | 1555kJ (375kcal) | | [Spaghetti](http://www.howmuchprotein.com/foods/spaghetti/) | 5.1g | 33.0g | 1.3g | 700kJ (165kcal) | | [Spinach](http://www.howmuchprotein.com/foods/spinach/) | 2.8g | 1.5g | 0.8g | 103kJ (24kcal) | | [Sunflower Seeds](http://www.howmuchprotein.com/foods/sunflowerseeds/) | 23.4g | 18.6g | 47.5g | 2475kJ (600kcal) | | [Sushi](http://www.howmuchprotein.com/foods/sushi/) |  |  |  |  | | [Tilapia Fish](http://www.howmuchprotein.com/foods/tilapia/) | 24g | 0 | 4g | 105 | | [Tofu](http://www.howmuchprotein.com/foods/tofu/) | 12.1g | 0.6g | 6.0g | 438/105 | | [Tuna Fish (Steak)](http://www.howmuchprotein.com/foods/tuna-steaks/) | 25.6g | 0g | 0.5g | 455kJ (110kcal) | | [Tuna Fish (Tinned)](http://www.howmuchprotein.com/foods/tuna/) | 26.3g | 0.0g | 10.7g | 843kJ / 202kcal | | [Turkey Breast (Skinless)](http://www.howmuchprotein.com/foods/turkey/) | 22.3g | 0g | 1.2g | 425kJ (100kcal) | | [Venison (Deer meat)](http://www.howmuchprotein.com/foods/venison-deer-meat/) | 30.21 |  | 3.19 | 158 | | [Yogurt](http://www.howmuchprotein.com/foods/yogurt/) | 4.5g | 6.6g | 11.0g | 600kJ (145kcal) | |