

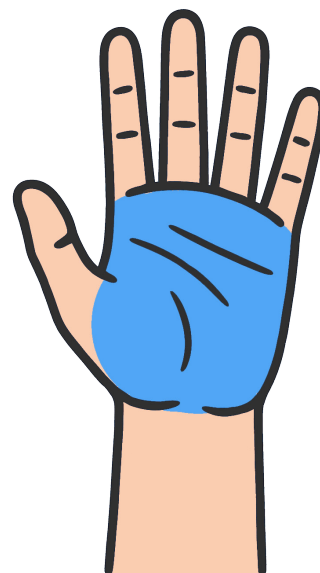
HOW MUCH PROTEIN SHOULD I EAT?

Lately it seems like everyone is talking about protein, and with good reason! Getting enough protein is essential for success as an athlete! But exactly how much should you eat?

You can use the palm of your hand as a rough guide for how large your servings of protein should be.

Female Athletes should eat **4-5 palms/day**
(Or ~0.6 to 0.8 grams per pound of body weight)

Male Athletes should eat **6-8 palms/day**
(Or ~0.6 to 0.9 grams per pound of body weight)



Momentum
Nutrition

MBSC

LOOKING FOR HELP WITH YOUR NUTRITION?
MOMENTUM NUTRITION IS HERE TO HELP!

