

FITNESS

NUTRITION IS AN IMPORTANT ASPECT IN ATHLETIC *Performance*

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

Dietary protein helps build and maintain muscle and can boost strength and function in active people of all ages. Eating 20-30 grams of protein sources rich in essential amino acids, such as egg or whey, has been shown to promote muscle growth and repair. Timing is important too. Consuming protein along with carbohydrates within two hours of exercise aids muscle recovery.



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 also find that exercise makes them hungrier.
- Eating protein foods during or after exercise helps muscle growth and repair. High-quality protein, such as that found in eggs, beef and dairy, provide all of the essential amino acids.
- Active individuals should follow a healthy eating pattern rich in fruits, vegetables, whole grains, lean proteins and other nutritious foods to meet their nutrient needs.

FITNESS



▶ FITNESS VIDEO



Watch the video @ EggNutritionCenter.org/FitnessVideo

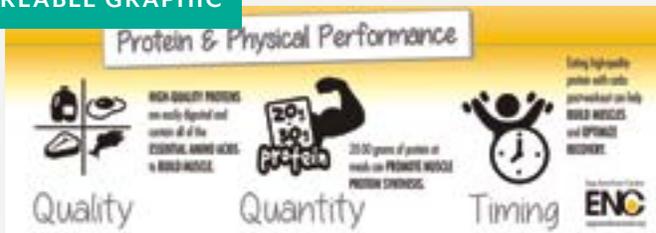
🍴 RECIPE IDEA



Spicy Bean Breakfast Burrito

Download recipe @ EggNutritionCenter.org/SpicyBeanBreakfastBurrito

📄 SHAREABLE GRAPHIC



PROTEIN & PHYSICAL PERFORMANCE
EggNutritionCenter.org/PhysicalPerformanceGraphic

Spread the Word

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

t **DOES PROTEIN TYPE MATTER?** High-quality proteins are easily digested & have all essential amino acids 2 build muscle. EggNutritionCenter.org/Matters

t **THINK WHOLE FOODS OVER SUPPLEMENTS** after working out to get optimal calories, protein, antioxidants and more! EggNutritionCenter.org/WholeFoods

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📄 HANDOUT



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Egg Nutrition Center

| 8755 West Higgins Road, Suite 300

| Chicago, IL 60631

| EggNutritionCenter.org