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Amount of Protein That Fulfills Sports Nutrition by [Julia Roger](#)

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We gain energy for living our life and doing exercise from the food we consume and the fluids we drink. These nutrients can be commonly broken into three categories- fats, proteins and carbohydrates. All these categories of foods are important for maintaining good health. Thus, we must eat food from all these classes of foods. However, the amount we need to consume from each category remains the most debated topic. Protein is often considered the element of building blocks of the body. The amino acids in proteins work in various ways to make bone, muscles, skin, tendons, hair and all the other tissues.

Proteins also serve the purpose of enzyme production and nutrient transportation. More than 10000 different types of proteins are available in the body. It is very important to intake protein regularly since it cannot be stored in the body easily. Different combinations of foods have to be taken to get the required protein that contains both vegetarian and non-vegetarian foods. This is why; vegetarian sportsmen find it difficult to get adequate protein if they do not know how to consume this essential nutrient. Sportsmen need to take protein in order to repair and rebuild their muscles that break down during exercise.

It is also helpful to optimize storage of carbohydrate in the form of glycogen. All sportsmen need sports nutrition to stay healthy and fit. Different types of food supplements are available these days that these sportsmen have to take. However, all the products are not recommended. Hence, one need to choose the one that would be most beneficial for him. An average person would require taking 0.8 grams of protein in respect to each kilogram of his body weight daily. Whereas strength training athletes need 1.4 to 1.8 grams per kilogram and endurance athletes requires 1.2 to 1.4 grams of protein for each kilogram of body weight daily.

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