

General Nutrition Outline

Meat and fish: 4oz portions generally equal 30 grams of protein

- Chicken breast
- Ground Beef
- Pork tenderloin
- Tilapia
- Salmon
- Turkey
- Steak

Snacks:

Jerky: 9 grams of protein per ounce

Greek Yogurt: 20 grams per cup

Tuna: 1 cup=39 grams

Hard-boiled egg=6 grams

Almonds= 1 ounce is 6grams

Cottage cheese=14 grams per half cup

Protein bars= Most bars are generally between 15 and 20 grams per bar.

This is clearly stated on the packaging.

Eggwhites=3 tbs is 5 grams of protein

Good Carbohydrate sources:

- Brown Rice
- Sweet Potato
- Oats
- Quinoa
- Bananas
- Chick peas
- Apples

Each athlete needs to intake a minimum of 1 gram of protein per pound of body weight each day. This, along with proper sleeping habits, will allow your child to maximize their athletic potential.