

# PROTEIN REQUIREMENTS?

Category	Body weight g per kg	Example
Basic Requirement	0.8 to 1.0	60kg = 54g/day
Recreational Endurance Athlete	0.8 to 1.0	80kg = 72g/day
Endurance Athlete	1.2 to 1.4	80kg = 104g/day
Resistance Athlete	1.4 to 1.8	80kg = 128g/day

# BENEFITS

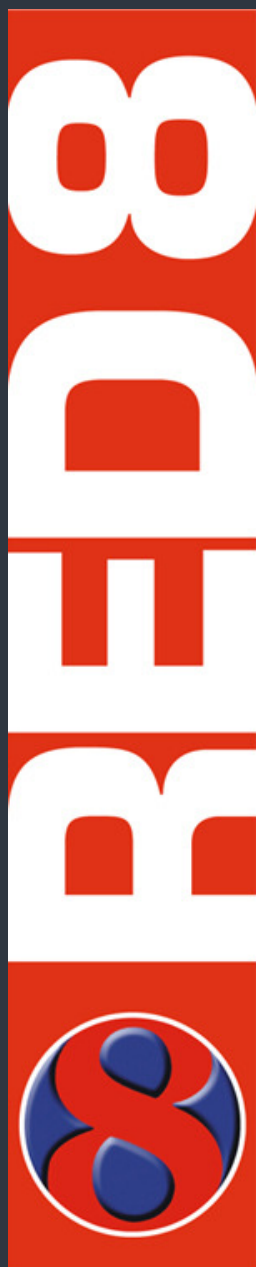


1. Growth and Recovery
2. Enzyme production
3. Hormone production
4. Fluid and electrolyte balance
5. Acid-base balance
6. Nutrient transportation
7. Energy production
8. Muscle contractions



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# PROTEIN CONTENT OF FOODS



Food (Per 100g)	Protein	Carbs	Fat
Almond Nuts	21.1g	6.9g	55.8g
Anchovies	14.5g	0.1g	2.8g
Bacon	15.9g		19.8g
Baked Beans	9.5g	22.1g	0.4g
Beef Fillet Steak	20.9g	0g	7.9g
Cheese	30.9g	0.1g	15.0g
Chicken Breast (Skinless)	23.5g	0g	1.7g
Cod fish	17.9g	0g	0.9g
Cottage Cheese	12.2g	4.5g	1.5g
Couscous	15.1g	73.1g	1.1g
Crab meat	18.1g	trace	0.5g
Egg (1 Large 50g)	6g	Trace	5g
Hummus	7.4g	9.8g	26.8g
Lamb (Steak)	19.9g	0.8g	3.2g
Milk (Semi Skimmed)	3.6g	4.8g	1.8g
Milk (Whole)	3.3g	4.7g	3.6g
Peanut Butter (Crunchy)	24.9g	10.1g	50.2g
Pork Chops	19.3g		20.3g
Porridge oats	11.0g	60g	8.0g
Prawns	17.0g	0.3g	0.9g
Pumpkin Seeds	28.8g	15.2g	45.6g
Salmon Fish Fillets	21.6g	0g	14.0g
Sardines (Fish)	21.5g	trace	9.6g
Sausages (Pork)	13.9g	11.9g	17.0g
Soya Beans	35.9g	14.8g	18.6g
Sunflower Seeds	23.4g	18.6g	47.5g
Tofu	12.1g	0.6g	6.0g
Tuna Fish (Tinned)	26.3g	0.0g	10.7g
Turkey Breast (Skinless)	22.3g	0g	1.2g
Venison (Deer meat)	30.21		3.19
Yoghurt	4.5g	6.6g	11.0g

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# WHEY PROTEIN

Used by

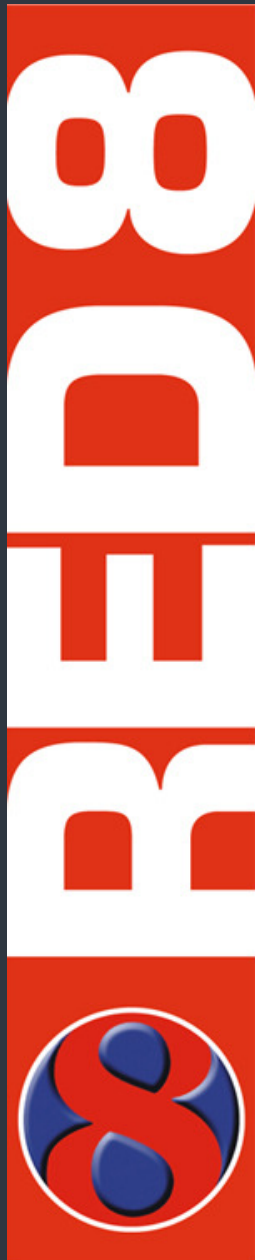
NZ OLYMPIC  
ATHLETES



NZ BREAKERS  
Basketball



NORTHERN MYSTICS  
Netball



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