Peanut Butter

**Protein Power:** 8 g per 2 tbsp serving

Though not as trendy as other nut butters like almond, ye olde peanut butter still leads the way in the protein department.

**Need to Know:** Forget the reduced-fat versions. All they do is replace the healthy fat with not-so-healthy sugar.

Mixed Nuts

**Protein Power:** 6 g per 2 oz. serving

Nuts like peanuts, cashews, and almonds make for a crunchy way to add more protein and healthy unsaturated fats to your diet.

**Need to Know:** If you're watching your sodium intake, look for packages labelled "unsalted".

Bean Chips

**Protein Power:** 4 g per 1 oz. serving

If you're jonesin' for crunchy chips, you'll be hard pressed to find a better option than the ones made with protein-rich black beans.

**Need to Know:** For a big protein nibble while watching the big game, try making a dip with Greek yogurt and using bean chips as a delivery vessel to your mouth.

High-Protein Produce

Smoothie Drinks

**Protein Power:** 16 g per 1 cup serving

Homemade protein shakes are always preferred, but if you want a quick shot of protein in liquid form you can pick up bottles of premade smoothie drinks such as Bolthouse Farms.

**Need to Know:** Make sure the drink you choose contains a source of protein in the ingredient list such as whey protein and not just fruit, which can quickly send you into a sugary overload.
Examples of Protein Supplementation

Protein in Recovery

Muscle hypertrophy occurs only from net protein synthesis; that is, when muscle protein synthesis exceeds breakdown.

6 Participants - Infusion AA tracers
Intense leg-resistance exercise routine
Consumed 1 litre of
- 40 g of mixed amino acids (MAA)
- 40 g of mixed essential amino acids (EAA)
Placebo (PLA)
rate of 100 ml every 18–20 min.

Blood samples taken during recovery
Measure Fractional Synthetic Rate
(fPSR = fPRO Synthesis = fHypertrophy)

Leucine Trigger

Theory
Leucine ‘trigger’ point needs to be reached to ‘activate’ protein synthesis.

Some good evidence to support / refute this.

Review summary; “ingestion of leucine in amounts greater than that found in a saturating dose of high quality protein (e.g. 20–25 g whey protein containing 2.5-3.0 g leucine), is unlikely to further stimulate an increase in the magnitude or duration of MPS”

(Churchwood-Venne et al. 2012)