

PROTEIN CHECKLIST



Optimizing protein intake can help you maximize muscle growth and bone health. Use this scorecard to help determine how well you do with your intake of protein-containing foods.

ACTION ITEM	GOAL	RESPONSE YES = 2 SOMETIMES = 1 NO = 0
Do you consume protein such as milk, yogurt, cheese, eggs, chicken, turkey, beef, veal, pork, lamb, fish, seafood, soy foods, beans, nuts, seeds, at most meals?	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Do you include a protein containing food at breakfast?	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Do you consume protein containing food BEFORE strength training?	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Do you consume protein with carbs immediately AFTER every practice/workout/matches	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Are your protein choices more animal based- dairy, meat, poultry, fish, eggs or plant based protein(nuts, seeds, beans, soy foods, veggie burgers, plant milks)?	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Do you include protein in your snacks?	Always	<input type="checkbox"/> YES <input type="checkbox"/> SOMETIMES <input type="checkbox"/> NO
Do you include a protein containing food before bed?	Always	<input type="checkbox"/> YES SOMETIMES NO

SCORING

YES=2 SOMETIMES= 1 NO=0

TOTAL:

12-16

Great job- you're in the know with your protein

10-12

You have some work to do with your protein game

9 or less

Prioritize and strategize protein to optimize health and performance

Developed in collaboration with Roberta Anding MS, RDN, CSSD, LDN, CDE, Leslie Bonci MPH, RDN, CSSD, LDN, Jennifer Ketterly MS, RDN, CSSD, LDN and the Gatorade Sports Science Institute. Disclaimer: The views in this resource are those of the authors and do not necessarily reflect the position or policy of PepsiCo, Inc. This information is not a substitute for individualized judgement or independent professional advice. Neither PepsiCo, Gatorade, nor any of the contributors hereto assume any duty owed to third parties by those utilizing this information. Programs using this information are encouraged to seek and obtain advice from professionals responsible for the health and safety of their programs.

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