

FRST Center Nutrition

FUEL FOR THE FRONTLINE: GUIDE TO PROTEIN AND RECOVERY



SOUTH DAKOTA
STATE UNIVERSITY
South Dakota First
Responders Support Training

Recommendations: How Much to Eat

0.6 - 0.9 g/lb bodyweight (1.4 - 2.0 g/kg) each day

Range for 190 lb individual: 114 - 171 grams
($190 \times 0.6 = 114$ - $190 \times 2.0 = 171$)

Higher end of range for those who are very active or have specific body composition goals (gain muscle, weight loss)

Protein Tips and Tricks

Aim for 20-30 grams per snack/meal



1 serving (20-30 grams)
size of palm

Examples

3-4 oz chicken breast
 $\frac{1}{2}$ cup lean ground beef
 $\frac{3}{4}$ cup cottage cheese
3-4 eggs



20-30 grams post workout or heavy activity



Add vegetables and carbs for a balanced meal



A serving before bed helps with recovery

Easy and Quick Options

Convenience Store Options

- Beef jerky
- Hard boiled eggs
- Ready to drink protein shakes
- Chicken or other pre-made sandwiches
- Protein bars
- Tuna packets
- String cheese

At Home Snacks

- Greek yogurt
- Cottage cheese
- Deli meat and cheese roll ups
- Protein shake or smoothie

Protein Supplements

Look For

- 20-30 grams of protein
- < 5 grams of added sugar
- Types - whey, casein, plant-based
 - Whey isolate or plant-based may be more easily digestible for some
- Third party testing for safety
 - Look for NSF or Informed choice logos



When to Use

- After exercise or intense activity
- During a shift when a full meal isn't possible