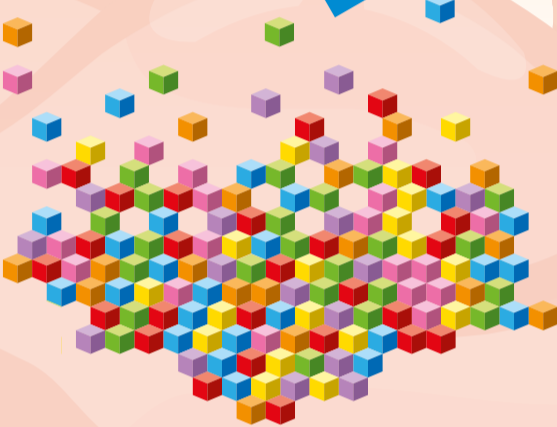




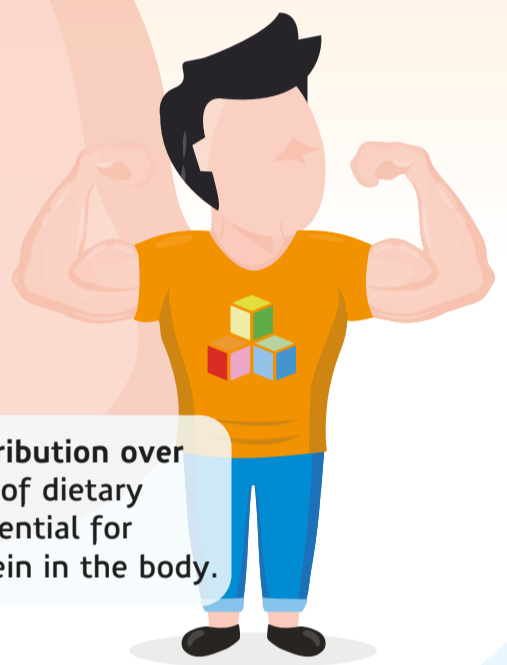
# Sport and nutrition



## Proteins: the building blocks support growth & maintenance of muscle mass



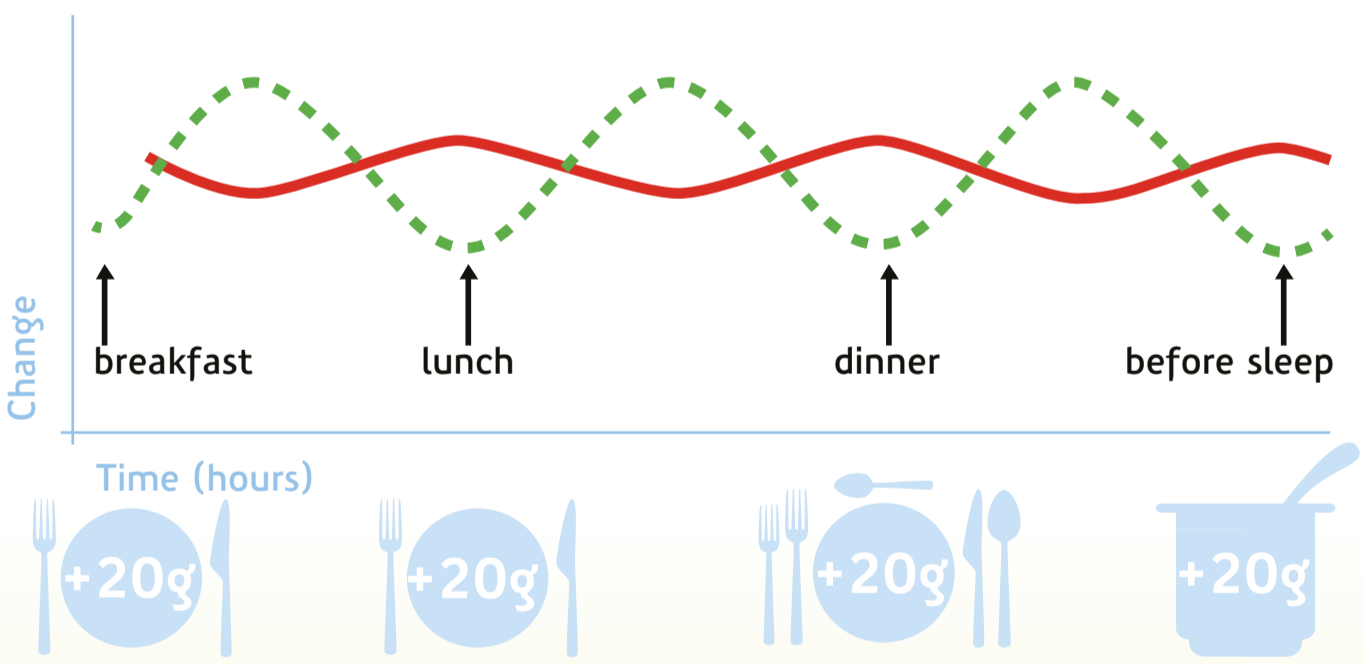
Total quantity, distribution over the day and timing of dietary protein intake is essential for optimal use of protein in the body.



## Timing of protein intake for an optimal protein distribution over the day



Muscle protein synthesis --- Muscle protein breakdown ---



**Protein rich breakfast**  
Choose either a bowl of quark with muesli, a cheese sandwich or an omelette



**New research: just before going to bed is a good opportunity for 20 grams of protein.** Because even when sleeping protein contributes to the growth and maintenance of muscle mass.



**Most frequently missed opportunities**

Good timing for a protein portion

**Recovery after training or competition.**  
Within 2 hours: 20 grams protein when muscles are most receptive to recovery.

