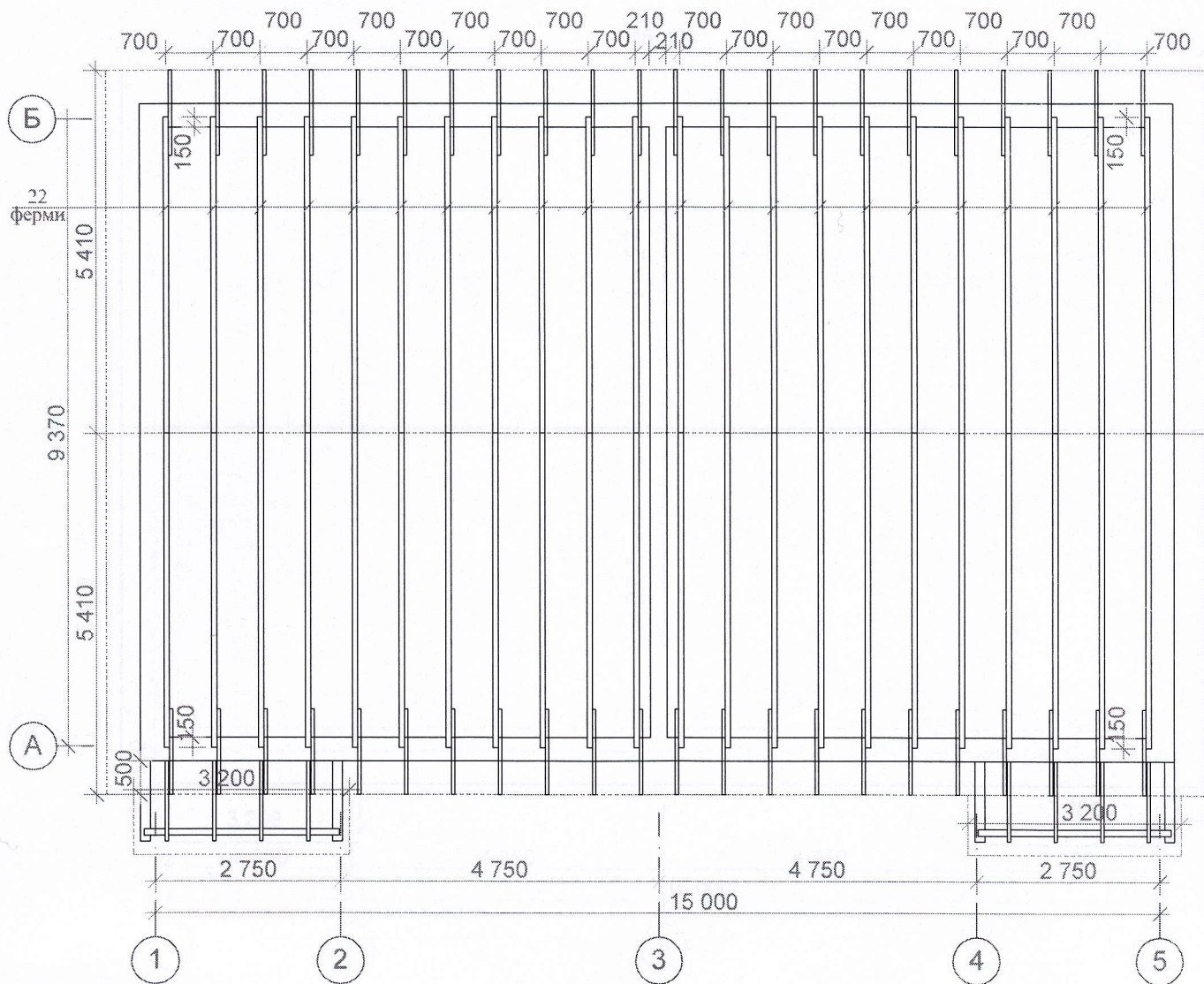




PROTEIN NEEDS OF THE ATHLETE

Although an athlete has an increased protein requirement it is completely unnecessary for them to consume large quantities of meat or protein supplements unless their diet is in some way deficient or unbalanced. Individuals eating the recommended amount of calories a day from the various food groups are highly unlikely to be deficient in