

Protein is important for any athlete but you don't need to go out and spend a fortune on specialist supplements. Plenty of everyday supermarket products contain good levels of protein and it's even possible to make your own

Home-made protein energy shake for a fraction of the cost (English Institute of Sport's nutritionist - Karen Reid – says)

The following table provides an indication of the nutritional qualities of a range of supermarket products:

PRODUCT	CALORIES	PROTEIN(g)	FAT(g)	CARBS(g)
FRIJJ	340	17.5	5	56.5
BUILD UP + 200ML SKIMMED MILK	230	15.1	4	33.1
LARGE MCDONALD'S MILKSHAKE	469-501	14	7.1 - 9.1	84.7 – 94.8
500MLS SKIMMED MILK + CRUSHA OR NESQUICK	280	19.5	1	48
SAINSBURY'S "BE GOOD TO YOURSELF" CHOCOLATE MILKSHAKE (500ML)	290	26.5	2.5	40
SAINSBURY'S STRAWBERRY YOGHURT SMOOTHIE (250ML)	215	6.8	4.8	34
YOP DRINKABLE YOGHURT (400ML)	328	10.8	4	62

Boosting Protein content

Skimmed milk powder is a great source of the high biological value milk proteins casein and whey. It costs around £1 for a 200g tub and can be mixed with cereals, porridge, shakes and yoghurt, sauces and fresh milk to increase the protein content of your food.

If your protein intake is lower than recommended, why not make your own home made protein energy shake.

Ingredients

50g skimmed milk powder (marvell!)
500mls fresh milk
milkshake powder

Method

Mix the dried skimmed milk powder into a smooth paste with 100mls of milk.
Put all ingredients into a hand blender and blend until frothy.
(I put all in to a jug and blend!!)

Benefits

An amazing 35g protein and 99 g of carbohydrate energy.
Less than 1% fat when made with fully skimmed milk.
539 calories per pint (568mls)

Alternative suggestions:

Add a banana and some honey.
Add fresh fruit eg strawberries, or frozen berry fruits.
Add Natural yoghurt for a thicker shake.