

PROTEIN MISCONCEPTIONS

Details on misconceptions regarding protein supplementation—and where they come from



Original Research
Duellman, M., et al. Protein supplement users among high school athletes have misconceptions about effectiveness. *Journal of Strength and Conditioning Research* 22:1124-1129, 2008.

THOUGH PROTEIN MIGHT BE ESSENTIAL FOR STRENGTH, SPEED, AND MUSCLE SIZE, THERE ARE MANY MISCONCEPTIONS HELD ABOUT PROTEIN, TOO. THESE MISCONCEPTIONS MUST BE CORRECTED.

Protein supplements are a favorite among strength and power athletes, especially young athletes. Perhaps the primary reason is that teen athletes recognize that they are still growing, that this stage of life is perhaps the most important growth phase as it relates to their sport, and that the research is unequivocal—if you are a strength and power athlete, you need more protein than other athletes and most certainly more than your non-athletic counterparts. There are, however, many misconceptions regarding protein. For example, as a strength and power athlete you *should* consume more protein than your non-athletic peers, but that does *not* mean you need to buy an expensive protein supplement. In fact, *no* research has found protein powders to be more effective than the protein you get from natural foods. So how do you combat misconceptions, myth, and rumor? First, you need to find out what they are and where they come from.

Power Key: sports nutrition, teen athlete, ergogenic aid, strength training