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Cooking on Campus: Turkey Coma

11/14 @ 5:15-6:30pm at Outdoor Rec. Only \$7.

More info cookingoncampus.arizona.edu.

Protein Shakedown

Do you really need that protein shake after your workout? Probably not.

Recent research shows consuming 20-30 g of protein as part of a meal or snack every three to four hours is more effective than consuming one large dose after your workout to generate new muscle fibers.

There's no doubt protein is an important part of the recovery process after an intense workout, but if you're an average gym-goer who exercises for an hour or so a few days a week, that protein shake isn't going to do whole lot for you. In fact, drinking a protein shake may cause you to take in more energy than your body needs, storing it as fat, and defeating your overall efforts. Instead, active gym-goers should eat protein-rich meals and snacks throughout the day/evening.

Examples of protein-rich meals and snacks:

- Protein Packed Pancakes recipe below (good anytime!)
- Two eggs and oatmeal made with milk
- Grilled chicken with vegetables and rice
- Black beans, salsa and low-fat cheese wrapped in a whole wheat tortilla
- Snacks: Greek yogurt, string cheese, cottage cheese, edamame, peanut butter, almonds, milk

Bottom line: If you're looking for

convenience, protein shakes can be a good option, but they certainly aren't magical. Consume high-quality protein throughout the day/evening, not just after your workout!

RECIPE: PROTEIN PACKED PANCAKES

Preparation Time: 10 minutes

Recipe makes: 4 pancakes

Serving Size: 2 pancakes

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup low fat cottage cheese
- 1 tsp vanilla extract
- 4 egg whites
- Cooking Spray

Steps:

1. Put egg whites in a blender. (Separate egg yolks from egg whites or use egg whites purchased in a carton.)
2. Add oatmeal, cottage cheese and vanilla to blender and blend.
3. Spray skillet with cooking spray (or use a non-stick skillet without spray) and heat pan.
4. Pour a little less than 1/4 cup into the pan for each pancake and cook until brown on one side. Flip and cook the other side until brown.

Nutrition facts per serving:

160 calories, 17 g carbohydrate, 17 g protein, 2.5 g fat, 2 g fiber



CAMPUS HEALTH

NutriNews is written by Gale Welter Coleman, MS, RDN, CEDRD, CSSD, Sarah Marrs, RDN, and Christy Wilson, RDN, Nutrition Counselors at the UA Campus Health Service.

Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.