

Daily Protein Intake With and Without Protein Supplementation in Kuwaiti Male Bodybuilders

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Abstract:
Introduction: Resistance training is becoming increasing popular in the Middle East, especially in Kuwait. Adequate protein intake is essential to achieve a positive net muscle protein balance and increase skeletal muscle protein synthesis. In addition to using protein supplements such as whey and casein protein, bodybuilders consume more protein in their diet than is necessary to meet training-dependent protein requirements. Thus, the purpose of the present study was to determine the daily protein intake of Kuwaiti male, collegiate recreational bodybuilders and discern the type and timing of supplementary protein intake. Methods: Nineteen Kuwaiti male, collegiate recreational bodybuilders volunteered for the study. All subjects completed a 24-hour dietary recall to estimate total daily protein with and without protein supplement consumption. Results: Using protein supplements increases daily protein consumption (148.6 g/day) compared with protein from food sources alone (118.6 g/day). The preferred protein supplements were whey protein, used by 84.2% of the subjects, and casein protein, used by 15.8%. In regards to the timing of post-exercise protein supplement consumption, of the 19 subjects studied, 10 (53%) supplemented 1 hour after training, 6 (31%) supplemented 2 hours after training, and 3 (16%) supplemented >2 hours after training. Conclusion: Kuwaiti male, collegiate recreational bodybuilders' combined protein intake from food sources and protein supplements do not exceed recommended levels. Additionally, protein consumption would remain in the recommended range should bodybuilders fail to consume their daily protein supplement, suggesting that muscular hypertrophy may not be impaired.

Biography

Mohammed Alkatan has completed his PhD at the age of 32 years from the University of Texas at Austin. He is an assistant professors at Public Authority for Applied Education & Training- Department of Physical Education & Sports. He has published more than 10 papers in reputed journals.

Recent Publications:

1. **Alkatan M**, Machin DR, Baker J, Akkari AS, Park W, and Tanaka H. Effects of Swimming vs. Cycling Exercise Interventions on Vascular Function and Inflammation in Middle-Aged and Older Adults with Osteoarthritis. *American Journal of Cardiology*. 2016
2. **Alkatan M**, Baker J, Machin RD, Park W, Akkari AS; Pasha EP, and Tanaka H. Improved Functional Capacity and Pain after Swimming and Cycling Training in Patients with Osteoarthritis. Journal of Rheumatology. 2016
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4. Lim J, Pearman M, Park W, **Alkatan M**, and Tanaka H. Interrelationships among Various Measures of Central Artery Stiffness. American Journal of Hypertension. 2016
5. Hunter SD, Dhindsa MS, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, Elmanshawy A, and Tanaka H. The Effect of Bikram Yoga on Endothelial Function in Young and Older Adults. Journal of Bodywork & Movement Therapies. 2016
6. Hunter SD, Dhindsa MS, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, and Tanaka H. Impact of Hot Yoga on Arterial Stiffness and Quality of Life in Normal and Overweight/Obese Adults. Journal of Physical Activity and Health. 2016