



Performance Nutrition Pathway Program

MODULE 5 – U16 Activity: SPORTS FOODS

PROTEIN SUPPLEMENTS

Scenario: You have recently seen an Accredited Sports Dietitian who after assessing your individual requirements and circumstances, and has recommended you look at including a protein recovery drink on days you finish training late and have a long way to travel before getting home to dinner. You know your older brother uses a protein drink after he finishes at the gym, so you want to taste his first, before heading out to buy the product recommended by your Sports Dietitian.



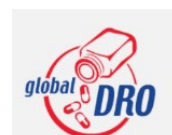
Q1 Check the list of ingredients on your brother's protein shake against the supplement ingredient checker on global dro and determine if this drink is safe and legal to consume for a softball athlete.

<https://www.globaldro.com/AU/search>



Ingredients:

- ☐ Whey Protein Isolate
- ☐ Cocoa
- ☐ Inulin
- ☐ Chocolate flavours
- ☐ Vegetable gum
- ☐ Clostebol
- ☐ Stevia
- ☐ Soy lecithin



Is this product safe and legal to consume for Softball Athletes? _____

Q3 Head to the HASTA website (<https://hasta.org.au/certified/>) or Sports Integrity Australia App to find their lists of certified products. Can you find a Whey Protein Supplements (WPI) that has been batch tested and found to be free of ingredients or contaminants that could cause a positive doping test?

