

READING COMPREHENSION

3RD - 10TH GRADE

Answer key

Questions

Impact of protein-rich meals on muscles

Protein-rich meals play a crucial role in muscle development and recovery, making them essential for athletes and fitness enthusiasts. These meals provide the amino acids necessary for muscle repair and growth, especially after intense workouts.

When consumed post-workout, protein-rich meals can accelerate the repair process, helping to rebuild muscle fibers that experience stress during exercise. This process, known as muscle protein synthesis, is vital for increasing muscle mass and strength.

Incorporating protein-rich foods such as lean meats, dairy products, legumes, and soy can significantly enhance muscle recovery and growth. Studies show that consuming protein shortly after exercise optimizes recovery, reducing muscle soreness and fatigue.

Moreover, protein-rich meals can help improve body composition by promoting fat loss while preserving lean muscle mass. This balance is particularly beneficial for those looking to maintain or increase muscle while reducing body fat.

The timing of protein intake is also important. Consuming protein in regular intervals throughout the day, especially post-workout, can maximize muscle benefits. A good rule of thumb is to aim for protein intake within 30 minutes to two hours after exercising.



IMPACT OF PROTEIN-RICH MEALS ON MUSCLES

Protein Breakfast Reading Comprehension Tips

J Ma



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