



Leucine

Leucine is a branched chain amino acid that can be found naturally in foods and can also be taken as a supplement. Its role is to assist with protein synthesis which means that it helps protein to do its job in rebuilding muscle tissue. It also helps slow muscle tissue breakdown during long distance and endurance training.

20g of high quality protein (such as the protein from meats & dairy) can provide the body with 1.5-2.5g of leucine, which is the perfect amount. So your protein-rich post training snack (yoghurt, milk, tuna etc) is ideal. In some cases, supplementation may be required but it is important to discuss this with your Sports Dietitian.

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