

Kyle

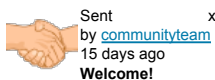
[My Page](#)  
[Edit](#)



You have no requests  
No new notifications

[My Blog](#)  
[Write a Blog post](#)  
[My Posts](#)  
[My Message Boards](#)

**My tokens**



Sent x  
by [communityteam](#)  
15 days ago  
**Welcome!**

To send and receive tokens, make some friends by using the [Friend Finder](#), or participating in a [Group](#).

**My status updates**

**kylestack**

Tell people what you are doing right now

**Edit**

[See more](#)

**What my Friends are up to**

Find Friends by checking out our [Friend Finder](#).

**My Group updates**

Get more involved with the community.

[Find a Group that's right for you!](#)

[Start your own Group here.](#)

**My Challenge updates**

Make a game of it. [Participate in some of our Challenges.](#)

[Create your own Challenge here.](#)

**My Blog updates**

Read what other bloggers are talking about. [Check out Blogs.](#)

# Stack on Sports

[Edit]

## Texans eat Greek yogurt

[Edit](#), [Remove](#)

Written by [kylestack](#) on 07/27/2010 6:06:25 PM

In my last post, I discussed how Houston Texans dietitian Roberta Anding has been giving her players sodium-fortified coconut water as a replacement for traditional sports drinks. This post, I'll talk about Greek yogurt, a desirable protein source that's become all the rage among Anding's Texans and other professional sports teams.

Not all protein sources carry the same benefits. For someone looking for a healthy way to consume protein, Greek yogurt holds more value than, say, a hot dog.

This is how the Texans are adding protein to their diet on a daily basis. Anding notes that while regular yogurt has roughly six grams of protein per serving, Greek yogurt packs a healthy 20 grams per serving -- the nutritional equivalent of three ounces of meat.

Given that the Texans practice outdoors in the unrelenting Texas heat, Anding says the players prefer not to eat a hot breakfast before they hit the field. "That eliminates things like egg whites and some other traditional high-protein sources," Anding says.

Enter Greek yogurt, which also has a lower carbohydrate intake than regular yogurt. Anding explains that although Greek yogurt doesn't contain artificial sweeteners, there are added sugars to make it roughly 17 or 18 grams of carbohydrates per serving. That's still less than regular yogurt.

Anding explains that the rich protein content of Greek yogurt appeals to her based off a study performed by Dr. Douglas Paddon-Jones, an associate professor at the University of Texas Medical Branch. In a study reported in the September 2009 edition of the *Journal of the American Dietetic Association*, Paddon-Jones reasoned that people could build muscle more efficiently by consuming roughly 30 grams of protein at breakfast, lunch and dinner.

By consuming protein-rich Greek yogurt first thing in the morning, the Texans don't have to worry about stocking up as heavily on other protein sources for lunch and dinner. And if they make the playoffs this season for the first time in franchise history, they can brag that the secret to their success is Greek to them.

Categories: [Food](#), [Health](#), [Sports](#)

[Report this post](#)

**Share:**

[Digg](#) [Facebook](#) [Del.icio.us](#) [MySpace](#) [Twitter](#)

**Leave a comment:**

[see all](#)

[Learn our Ground Rules](#)

ADVERTISEMENT