

### Schweineprotein beschleunigt die Erholung: US-Studie mit Kadetten zeigt Vorteile gegenüber pflanzlichen MREs

US-Studie: Schweineprotein fördert Erholung nach hartem Training besser als pflanzliche MREs. Weniger Muskelkater, Entzündung, Katabolismus – Studienfakten.



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#### 8]Y Ghi X]Y. 8Yg][bž DfcVUbXYbž Dfchc\_c``

8]Y']a:: UWX cifbU`Bihf]Ybhg`f%' "'\* b]'&\$&) Ł'diV`]n]YfhY`Ghi X]Y i bhYfgi WXhY'&' 'hfU]b]YfhY'? UXYhhYb`fl\*: fUi YbŁ'XYf`HYI Ug`5/ A I b]j Yfg]hm`]b`Y]bYa `fUbXca ]g]YfhYbž'XcddY`V`]bXYb`7fcggcj Yf! 8Yg][ b"'BUWX`Y]bYa `ghUbXUfX]g]YfhYb`: fØ\ghØW\_`UVgc`j ]YfhYb`X]Y HY]`bY\a YbXYb`XYb`5fa m`7ca VUh:: ]hbYgg`HYgh`fb7: HŁž'Yf\]Y`hYbUbqWX`]Y» YbX`XfY]`HU[Y``Ub[`dfc`HU[`XfY]`A YU`g`FYUXm!hc!9Uh

 $fA F 9gE "Ybhk YXYf"Ui Z"GWk Y]bY!"cXYf"Ui Z"DZUbnYbVUg]g" "i bX k ]YXYf\c`hYb"Ua "Xf]hhYb"9f\c`i b[ ghU[ "XYb"57: H""BUWk"& "K cWkYb"K Ug\!ci h'k YWkgY`hYb"g]Y"X]Y"9fbÀ\fi b[ gZcfa ""9bYf[ ]Y! i bX"A U_fcbÀ\fghcZZ[ Y\U`h"XYf"A F 9g"k UfYb"Yb[ "Ub[ Y[ `]WkYb"fbfc A F 9"WU""%' $$"_\WU`ž"r () "[ "DfchY]bE\/"X]Y"hÀ[ `]WkY"DfchY]bni Zi \f"`U[ ]a "A ]hhY`"VY]"r %ž*"[ <math>\#$ \_[ "fA ÀbbYfEVnk ""r &ž\$"[ #\_[ "fI fUi YbE" 9fZUggh"k i fXYb"i ""U""A i g\_Y`\_UhYf"fFUh]b[ gE\%Z'6`i h!"i bX"I f]ba Uf\_YffPUhUVc`]ga i g\%Z'9bhn\%bXi b[ \%Z'<cfa cbYE\%Z'Gh]a a i b[ #? c[ b]h]cb qck ]Y"57: H!\@Y]ghi b[ "

# ? YfbYf[YVb]ggY. GWk Y]bYdfchY]b di b\_hYh VY] 9f\c`i b[ga Uf\_Yfb

### K Ug'dZ'Ubn`]WXY'FUh]cbYb'VYggYf'a UWXhYb

8]Y'dZUbn`]W\Y'A F 9!D\UgY'ZØ\fhY'ØVYf'X]Y'+&'Ghi bXYb'9f\c`i b[ni '\_i fnZf]gh]['[Øbgh][YfYb'6`i hZYhh!JYfÀbXYfi b[Yb'fi "'U" 5VbU\a Yb'VY]'; YgUa h!'i bX'@8@7\c`YghYf]b'gck]Y
YbhgdfYW\YbXYb'Eich]YbhYbŁ"'?`]b]gW\Y'G]W\Yf\Y]hgdUfUa YhYf
V`]YVYb']bg[YgUa h'i bUi ZZÀ``]["'8Ug'@Y]ghi b[gfYgi `hUh'fY`Uh]j]Yfh
XYb'?i fnnY]hj cfhY]`. 'Hfchn'VYggYfYf'@]d]Xa Uf\_Yf'bUW\'DZUbnYb!
A F 9g'[UV'Yg'\_Y]bYb'a YggVUfYb'@Y]ghi b[gni k UW\g'[Y[YbØVYfGW\kY]bY!A F 9g']bbYf\U`V'j cb'XfY]'HU[Yb"
A 8D=

### K Ufi a 'GW k Y]bYdfchY]b3'Ei U`]hÀh'nÀ\`h' 955g'i bX'?fYUh]b

8]Y'5i hcfYb'ZØ\fYb'X]Y'J cfhY]'Y'XYf'GWk Y]bY!F Uh]cbYb'Ui Z'X]Y \O\YfY' DfchY]bei U']hÀh 'ni fØW\_. 'h]Yf]gWkY'DfchY]bY'']YZYfb'dfc; fUa a 'a Y\f'YggYbh]Y''Y'5a ]bcgÀi fYb'f955gŁ' ']bgVYgcbXYfY @Yi W]b'' i bX'Ybh\U'hYb'?fYUh]bž'XUg']b'dZ'Ubn']WkYb'Ei Y''Yb dfU\_h]gWk'ZY\`h'''6Y]XYg'\_Ubb'bUWk']bhYbg]j Yb'6Y`Ughi b[Yb'X]Y DfchY]bgmbh\YgY'gh]a i `]YfYbž'?UhUVc`]ga i g'XÀa dZYb'i bX'X]Y K ]YXYfVYfY]hghY'`i b['j cb'@Y]ghi b['i bhYfghØhnYb'''8]Y'Ghi X]Y Ya dZ]Y\`h'XU\Yfž'dZUbn`]WkY'A F 9g' 'ZU``g'Y]b[YgYhnh' 'a ]h'\* %\$'[ 955g'i bX'&' '['?fYUh]b'dfc'HU['Ubni fY]WkYfbž'i a '8YZ]n]hY Ui gni ['Y]WkYb'' A 8D=

# 9]bcfXbib[. K Ug gU[h X]Y; YgUa hZcfgWib[3

A Y\fYfY'U\_hi Y``Y' VYfg]W hgUfVY]hYb 'ghØhnYb 'XUg'6]`Xž'XUgq h|Yf|gWXY'DfchY|bY'''VY|'[`Y|WXYf'; YgUa hY|k Y|» ni Zi \f'''\_`Y|bYž UVYfa YggVUfY'JcfhY]`Y'ZØfAig\_Y`a UggY'Vnk "'Y]b][Y `Y]ghi b[gfY`Yj UbhY`A Uf\_Yf`V]YhYbž`VYgcbXYfg`VY]`%b[YfYb"`9]bY gmghYa Uh]qWXY` VYfq]WX hqUfVY]h`]b`Bi hf]h]cb`FYj ]Yk g`f&\$&) Ł`nY][ h  $Y | b Y b Y | W h Y b J c f h Y | Y f | g W Y f D f c h Y | b Y Z Ø f X | Y A i g_Y a Ugg Y ž$ k À\fYbX`VY]`Ÿ`hYfYb`X]Y`I bhYfgW\]YXY`gW\k ]bXYb"; `Y]W\nY]h][ Z|bXYb^A YhU!5bU`mqYbž'XUgg^dZUbn`|W\Y^DfchY]bY^[Y[YbØVYf  $b[YXf][Yf\#_Y]bYf^DfchY]bniZ[Yf^_`Uf^@VYf^Y[Yb^g]bXž^[Y[Yb@VYf]$ UbXYfYb DfchY]bUfhYb 'YXcW\'b]W\h'ØVYf`Y[Yb' 'hY]`g'gc[Uf'Yhk Ug k Yb][Yf'YZZY\_h]j ']b'Y]bnY`bYb'Ci hWca Yg"5i Z'XYf'DYfZcfa UbWY! 9VYbY`nY][Yb`U\_hi Y``Y`FYj]Yk g#A YhU!5bU`mgYbž'XUgg`dZ`Ubn`]W\Y 9fbà\fi b[gk Y]gYb'\_Y]bY'[YbYfY``Yb'BUW\hY]`Y'ZØf'?fUZha U»Y'a]h  $g[WX Vf]b[Yb ']a '9]b_`Ub[a]h'XYf'\]Yf'VYcVUWX hYhYbž$ i bj YfÀbXYfhYb 57: H!@Y]ghi b["5`g'd`Ui g]V`Yf'A YWXUb]ga i g'V`Y]Vh ? fYUh]b. 'A YhU! 5 b U`mgYb 'VY`Y[Yb'JcfhY]`Y'ZØf'? fUZh#< mdYfhfcd\]Y i b X · Ø V Y fk ] Y [ Y b X · d c q]h] j Y · 9 ZZY \_hY · U i Z · A U f \_ Y f a i  $q_Y^gWAX][YbXYf^6Y^Ughib[^fY]bnY^bY^5bU^mgYb^X]q_i h]YfYb$ VY] @Ub[nY]h!; UVY Ui W [Ya]gW hY 6YZ bXYŁ"

Ni gUa a Yb[Ybca a Yb'dUggh'X]Y'bYi Y'?UXYhhYb!Ghi X]Y'gUi VYf]bg'; YgUa hV]`X. Ei U`]hÀh'i bX'Ni gUa a YbgYhni b[ 'XYf DfchY]bei Y``Y'VYY]bZi ggYb'9f\c`i b[ gV]c`c[ ]Y'XYi h`]W\' @Y]qhi b[ qi bhYfqW\]YXY'VfUi W\Yb'NY]hž'Jc`i a Yb'i bX'?cbhYl h"

# DfUI ]g]a d`]\_Uh]cbYb 'ZØf'Gdcfhž'9]bgUhn'/gWk YfY'5fVY]h

: Øf a ]`]hÀf]gWX Y '9]bgUhn\_fÀZhY z @Y ]ghi b [ ggdcfhii bX '\_OfdYf`]WX
\UfhY '6Yfi ZY 'g]bX '\_i fnY '9f\c`i b [ gZYbghYf X]Y FY [ Y`" < ]Yf 'nU\`h
g]WX 'Y]bY 'DfchY]bei Y``Y 'a ]h`\c\Yf '955!8]WX hY 'i bX 'bUhØf`]WX Ya
?fYUh]b[ Y\U`h'Ui g ' `GWX k Y]bYZY]gWX 'YfZØ``h'X]YgY '?f]hYf]Yb'i bX
nY][ hY ']b 'XYf'Ghi X]Y 'a YggVUfY 'J cfhY]'Y 'VY]' '9b hnØbXi b [ ž
?UhUVc`]ga i gž'A i g\_Y`\_UhYf'i bX 'UbUVc`Ya 'GhUhi g" 'K Yf'dZUbn`]WX
]gghž'\_Ubb'j ]Y``\_ca dYbg]YfYb. 'Xi fWX 'dfÀn]gY 'DfchY]ba Yb[ Ybž'955!
fY]WXY '? ca V]bUh]cbYb'i bX ' `ZU``g'ni `Agg][ ' '?fYUh]b!
Gi dd`Ya YbhUh]cb" '8 ]Y '\_i fnZf]gh][ 'VYggYfYb'@]d]Xk YfhY'i bhYf
DZUbnYb!A F 9g'g]bX '[ Ygi bX\Y]h`]WX 'fY`Yj Ubhž'AbXYfb'UVYf'X]Y
5\_i h!9f\c`i b[ 'bUWX ']bhYbg]j Yf'6Y`Ughi b[ 'b]WX h'V]bbYb'XfY]
HU[ Yb"</pre>

#### @]a ]hUh]cbYb7 HfUbgdUfYbn

8 ]Y 'Ghi X]Y ``]Y Z'bi f'ØVYf'XfY] '9f\c`i b[ ghU[ Yž'\UhhY 'Y]bY'\_`Y]bY Gh]W\dfcVY 'fb '1 '&' /XUj cb '&\* 'i ': fUi YbŁ'i bX 'bi hnhY 'A F 9g' 'Y]b gdYn]Y ``Yg 'GYhh]b[ 'a ]h 'gY\f'\c\Yf'9bYf[ ]Yni Zi \f": ]bUbn]Yfh k i fXY 'X]Y '5fVY]h i "'U"'j ca 'B Uh]cbU``Dcf\_'6cUfX 'gck ]Y 'j ca 'I G! J YfhY]X][ i b[ ga ]b]ghYf]i a /``Ui h'5i hcfYb 'k Uf'XYf'Gdcbgcf'b]W\h']b 8 UhYbYf\YVi b[ 'cXYf'!UbU`mgY']bj c`j ]Yfh"'9f[ YVb]ggY'g]bX 'XU\Yf gcf[ ZÀ`h][ 'ni ']bhYfdfYh]YfYb '' 'g]Y 'g]bX 'fcVi gh'ZØf 9f\c`i b[ ga Uf\_Yfž'b]W\h'ZØf'\_i fnZf]gh][ Y '@Y]ghi b[ gi bhYfgW\]YXY"

• ; cbnU`Yn'89'Yh'U`"'Bi hf]Ybhg"'&\$&) /%+f%&Ł.%--) " 8C='%\$"''-\$#bi %+%&%--) "'< Ui dhghi X]Y. GWk Y]bY!'j g"'DZ`UbnYb!A F9qž'HYI Ug'5/ A ž'57: H!

- Dfchc\_c``ž'A Uf\_Yf'/ '9f[YVb]ggY"
- FY]X!A W7Ubb'F>Yh'U`"'Bi hf]h]cb'FYj ]Yk g"'&\$&) "
  GmghYa Uh]gWXY', VYfg]WX hgUfVY]h'ni 'h]Yf]gWX'j g"
  dZ'Ubn`]WX'i bX'A i g\_Y`[ Ygi bX\Y]h'fF7H!8UhYbŁ"
- N\Uc'G'Yh'U`"'Bi hf]Ybhg"'&\$&("'A YhU!5bU`mgY'ni dZ'Ubn`]WXYb'DfchY]bYb.'ØVYf`Y[Yb'jg"'@ck#Bc!
   DfchY]bž'b]WXh'ØVYf`Y[Yb'jg"'UbXYfY'DfchY]bUfhYb"
- @ dYn! A cfYbc 'A 'Yh'U`" 'Gdcfhg 'A YX]W]bY' 'CdYb"
   &\$&) "'A YhU! 5bU`mgY. 'dZ`UbnYbVUg]YfhY '9fbÀ\fi b[b]WXh'bUWXhY]`][ 'ZØf'? fUZhdUfUa YhYf"
- 8 ca U'? 'Yh'U`"'Gdcfhg'A YX]W]bY"'&\$&&"'A YhU!
   5 bU`mgY'ni '? fYUh]b'i bX'A i g\_Y`gWX UXYb#9f\c`i b[.
   ]bg[YgUa h'dcg]h]j Y'5\_i hYZZY\_hYž'[Ya]gWX hY
   @Ub[nY]hVYZi bXY"'9f[ÀbnYbX'U\_hi Y``Y', VYfg]WX hYb
   ni '? fYUh]b"

6Ygi WXYb G]Y i bg Ui Z. Z`Y]gWXi bXWc "Uh