The desire to gain lean muscle mass is a common body composition goal of United States Army Special Operations Command (USASOC) Operators. Sports nutrition guidelines recommend dietary protein intake of 1.2-1.7g/kg/day for resistance-trained athletes. In accordance with the Department of Defense’s Operation Supplement Safety campaign, Dietitian’s advocate Operators take a “food first” approach instead of using dietary supplements. **PURPOSE:** To assess the number of USASOC Operators taking protein supplements and whether or not protein needs are met through diet alone. **METHODS:** A total of 91 USASOC Operators (age: 29.1±6.5yrs, height: 70.5±2.8cm, weight: 81.4±9.7kg, body fat: 15.9±5.3%) completed a 24-hr dietary recall and nutrition history questionnaire. Dietary intake was analyzed using an automated self-administered 24-hour diet recall. **RESULTS:** Protein intake was 137±59g/day. Protein requirements were met or exceeded through diet alone in 79% of Operators, of these, 42% reported protein supplement use. Dietary protein recommendations were not met in 21% of Operators, of these 42% indicated taking a protein supplement. **CONCLUSION:** The majority of USASOC Operators are consuming adequate dietary protein to promote lean muscle gains with strength-training. Exceeding the recommended range for protein, has not been shown to promote further gains in muscle size/strength, and may lead to undesirable weight gain if caloric needs are surpassed. Consuming protein supplements raises safety concerns, potentially exposing Operators to harmful ingredients in unknown amounts. Nutrition education focused on high quality protein foods properly timed throughout the day may decrease reliance on protein supplements and provide a safer alternative. Supported by ONR # W81XWH-11-2-0020.