

Where's The **Whey** Protein?

Whey protein is a high-quality, complete protein that is naturally found in dairy. It provides protein, which your body needs each day to build and maintain muscle. Eating a higher-protein diet can also help you feel full longer and, along with regular exercise, high-quality protein can help you consume fewer calories which may help you maintain a healthy weight.ⁱ In addition, whey protein can help enhance the benefits of exerciseⁱⁱ and promote muscle repair after a workout.^{iii, iv}

Whey protein is available as a powder and can be found in many foods and beverages such as energy bars, oatmeal, yogurt and flavored water.

Tips for finding whey protein:

- Look for these words on an ingredient label to be sure the product includes whey protein:
 - ✓ **whey protein**
 - ✓ **whey protein isolate**
 - ✓ **whey protein concentrate**
 - ✓ **hydrolyzed whey protein**
- Look for products that promote "protein" on the front label. Whey protein is often used as a high-quality protein source in products. Check the ingredient label for specific information about whey protein content.



How to spot whey protein on a label:

INGREDIENTS: PROTEIN BLEND [{WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN}], SOY PROTEIN ISOLATE], MILK CHOCOLATE FLAVORED COATING (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK SOLIDS, COCOA POWDER, SOY LECITHIN, SALT, NATURAL FLAVOR), INULIN (CHICORY EXTRACT), VEGETABLE GLYCERIN, PEANUTS, CARAMEL (CORN SYRUP, SUGAR, NONFAT MILK, FRACTIONATED PALM KERNEL OIL, CREAM, MILK PROTEIN, NATURAL FLAVOR)...

ⁱ Veldhorst M et al, Physiology & Behavior. 94: 300-327, 2008.

ⁱⁱ Candow DG et al, International Journal of Sport Nutrition and Exercise Metabolism. 16: 233-244, 2006.

ⁱⁱⁱ Tipton KD et al, Med Sci Sports Exerc. 36(12): 2073-2081, 2004.

^{iv} Tang et al, Appl Physiol Nutr Metab. 32:1132-1138, 2007.

