

# 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 diet higher in protein can also help you feel full longer. And, along with regular exercise, consuming a diet rich in high-quality protein can help you maintain a healthy weight.<sup>1,2</sup> In addition, whey protein promotes muscle repair and recovery after a workout.<sup>3</sup>

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)...

1 Veldhorst MA, et al. Protein-induced satiety: effects and mechanisms of different proteins. *Physiol Behav.* 2008; 94: 300-27.  
 2 Halton TL and Hu FB. The effects of high protein diets on thermogenesis, satiety and weight loss: a critical review. *J Am Coll Nutr.* 2004; 23(5): 373-85.  
 3 Hulmi JJ, et al. Effect of protein/essential amino acids and resistance training on skeletal muscle hypertrophy: a case for whey protein. *Nutr Metab.* 2010; 7(1): 51.

