

Whey Protein: FOR active Women



What is whey protein?

Whey protein is a complete, high-quality protein naturally found in dairy, and it's a natural source of the essential amino acids, or "building blocks," the body needs.

Why is whey protein smart for women?

- **Get Lean:** Whey protein is an excellent workout partner and when consumed as part of a resistance training program, it can help you meet your goals for more lean muscle.^{1,2,3}
- **Curb Hunger:** Research shows that calorie-for-calorie, protein can increase the feeling of fullness more than carbohydrates or fat.⁴ When you are not hungry, you may be less tempted to reach for a snack. Adding whey protein to your diet is an easy way to get more protein.
- **Inspire Future Workouts:** Muscle protein breaks down during a tough workout and muscle, along with glycogen, your muscle's energy source, needs to be renewed after you exercise. Consuming whey protein and carbohydrates will help restore your muscle and replenish glycogen – helping you make the most out of your next workout.^{5,6}

How much protein?

Protein recommendations, in general, are based on body weight and activity level and should total 10-35% of your daily calorie intake.⁴ On average women get about 14% of their daily calories from protein.⁷ To estimate your protein needs multiply your weight (in lbs.) by the number below that matches your activity level or goals:^{6,8}

- Recreational exercise: 0.5 to 0.7 grams
- Endurance athlete: 0.6 to 0.7 grams
- Muscle building: 0.6 to 0.8 grams
- Weight loss with exercise and calorie restriction: 0.8 to 0.9 grams

How can I enjoy the benefits of whey protein?

- Add whey protein powder to smoothies, yogurt, oatmeal, mashed potatoes, or soups.
- Look for whey protein on the ingredient list of your favorite energy bars.
- Enjoy whey-enhanced yogurts and beverages found at grocery stores and health food stores.

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 3 Volek JS, et al. Nutritional aspects of women strength athletes. *Br J Sports Med*. 2006; 40: 742-48.
 4 IOM (Institute of Medicine). Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: The National Academies Press. 2005; 589-90.
 5 Millard-Stafford M, et al. Recovery nutrition: timing and composition after endurance exercise. *Curr Sports Med Rep*. 2008; 7(4): 193-201.
 6 Rodriguez NR, et al. Making room for protein in approaches to muscle recovery from endurance exercise. *Am Coll Sports Med, ADA, Dietitians of Canada*. 2009; 41(3): 709-31.
 7 Fulgoni VL. Current protein intake in America: analysis of the National Health and Nutrition Examination Survey, 2003-2004. *Am J Clin Nutr*. 2008; 87(5): 1554S-57S.
 8 Clark. *Nancy Clark's Sports Nutrition Guidebook*. 4th ed. Champaign, IL: Human Kinetics, 2008.
 9 Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Am Diet Assoc*. 2009; 109: 509-27.

