

The **Power** of

**WHEY** PROTEIN

Naturally Found in Dairy

# 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.<sup>i, ii, iii</sup>
- **Curb Hunger:** Research shows that calorie-for-calorie, protein can increase the feeling of fullness more than carbohydrates or fat.<sup>iv</sup> 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 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.<sup>v, vi</sup>



## 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.<sup>iv</sup> On average women get about 14% of their daily calories from protein.<sup>vii</sup> To estimate your protein needs multiply your weight (in lbs.) by the number below that matches your activity level or goals:<sup>vi, viii</sup>

- 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.

<sup>i</sup> Tang JE and Phillips SM, Curr Opin Clin Nutr Metab Care, 12:66-71, 2009

<sup>ii</sup> Candow et al., Int J Sport Nutr & Exerc Metab., 2006

<sup>iii</sup> Volek et al., Br J Sports Med., 2006

<sup>iv</sup> Institute of Medicine, 2005, Dietary Reference Intakes, National Academies Press, Wash DC

<sup>v</sup> Millard-Stafford et al., Curr Sports Med Rep., 7(4):193-201, 2008

<sup>vi</sup> Rodriguez et al., Am Coll Sports Med., ADA, Dieticians of Canada, 41(3):709-31, 2009

<sup>vii</sup> Fulgoni VL 3rd, Am J Clin Nutr, 87(5):1554S-1557S, 2008

<sup>viii</sup> Clark, Sport Nutrition Guidebook, 4th ed. Champaign, IL: Human Kinetics, 2008, p. 130-131



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