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 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.\(^7\)
On average women get about 14% of their daily calories from protein.\(^8\) To estimate your protein needs multiply your weight (in lbs.) by the number below that matches your activity level or goals: \(^9\), \(^10\)

• 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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\(^1\) Tang JE and Phillips SM, Curr Opin Clin Nutr Metab Care, 12:66-71, 2009
\(^2\) Candow et al., Int J Sport Nutr & Exerc Metab., 2006
\(^3\) Volek et al., Br J Sports Med., 2006
\(^4\) Institute of Medicine, 2005, Dietary Reference Intakes, National Academies Press, Wash DC