

New “Wheys” to Boost and Spread Protein Throughout the Day

WHEY PROTEIN

Research supports the benefits of consuming **higher protein diets** to help support weight management, active lifestyles and healthy aging.^{1,2,3}

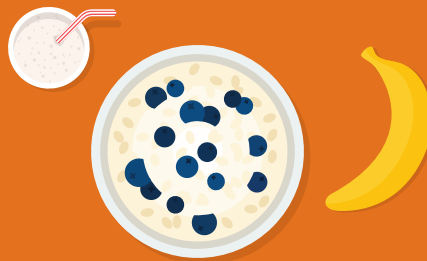
Some experts recommend **~20-30 grams of protein at each meal.**^{1,2,3,4}

Examples of How to Incorporate Whey Protein at Meal Times*

* Sample meals for illustrative purposes only.† Consult a registered dietitian to help build a meal plan that meets your individual goals.

Breakfast

- 1 packet instant oatmeal topped with 2 tbsp whey protein and ½ cup blueberries
- 1 cup low-fat milk
- 1 medium banana



430 Calories
22g Protein

Lunch

- 2 (6") tortillas with ¼ cup shredded cheddar and topped with ¼ cup plain yogurt and ¼ cup guacamole mixed with 1 tbsp whey protein
- ¼ cup rice
- ¼ cup black beans



570 Calories
23g Protein

Dinner

- 1 cup grilled Portobello mushrooms
- ½ cup mashed potatoes mixed with 1 tbsp whey protein
- 2 cups raw spinach
- 6 cherry tomatoes
- ½ cup canned garbanzo beans
- ¼ cup shredded cheddar cheese
- ¼ cup croutons and 1 tbsp ranch dressing



520 Calories
25g Protein

Did You Know?

- Foods vary in their protein quality based on their amino acid composition, digestibility and bioavailability.
- Whey protein is a high-quality protein naturally found in milk that is rapidly digested and absorbed.⁵
- Whey protein is great for post-exercise recovery because it contains all of the essential amino acids, including high amounts of leucine (~2.5 g per 20 g protein), which helps to rebuild muscle.^{5,6}
- One tablespoon of whey protein provides ~4 g protein and ~20-25 calories.⁷

Disclaimer: Calculations for whey protein powder are based on one tablespoon of whey protein powder being equivalent to 4-5 grams (weight), based on an average of whey protein powders available in the marketplace. Whey protein powders can vary slightly in their nutritional content. Please see the Nutrition Facts panel for specific nutritional information.

10 Wheys to Boost Protein at Meals*

* Per Serving

Did You Know?

- Whey protein is a convenient, versatile ingredient with a fresh, neutral taste that can be added to a variety of foods and beverages to help boost their protein content for relatively few calories (1 tablespoon provides ~4 g protein and ~20-25 calories).⁷
- Unflavored whey protein can be added in a variety of recipes; however, experimenting with different flavors may provide a unique taste experience.

Breakfast

Spinach and Feta Breakfast Strata



230 Total calories
20g Total protein

Whey Pancakes



170g Total calories
10g Total protein

Morning Power Muffins



240 Total calories
12g Total protein

Greek Yogurt Cheesecake Parfait



260 Total calories
26g Total protein

Lunch and Dinner

Mushroom Swiss Meatball Soup



350 Total calories
39g Total protein

Go Go Green Goddess Salad Dressing



50 Total calories
4g Total protein

Whey To-Go! Pasta



380 Total calories
33g Total protein

Veggie Quesadilla with Guacamole



370 Total calories
22g Total protein

Snacks

Creamy Caramel Dip



170 Total calories
12g Total protein

Energy Bars



190 Total calories
10g Total protein

For complete recipes, including nutritional information, visit wheyprotein.nationaldairycouncil.org/Recipes/Recipes_Main.htm

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Whey protein isolate can contain minimal amounts of lactose*, so it may be a good option for those who are lactose intolerant.⁹

* Lactose content can vary, so it's important to read the ingredient statement and contact the manufacturer for specific information.

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1. Leidy HJ, et al. *Am J Clin Nutr*. 2015;101(Suppl):1320S-9S.
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3. Bauer J, et al. *J Am Med Dir Assoc*. 2013;14(8):542-59.
4. Paddon-Jones D, et al. *Am J Clin Nutr*. 2015;101(Suppl):1339S-45S.

5. Devries MC, et al. *J Food Sci*. 2015;80 Suppl 1:A8-A15.
6. Pennings B, et al. *Am J Clin Nutr*. 2011;93(5):997-1005.
7. USDA National Nutrient Database for Standard Reference (Release 28, released September 2015, slightly revised May 2016), Whey Protein Powder, NDB No. 14058 and No. 14066.

8. ESHA Research, Food Processor Nutrition Analysis Software, 2016.
9. U.S. Dairy Export Council. Whey Protein Isolate: Product Definition. <http://www.thinkusadairy.org/products/whey-protein-and-ingredients/whey-categories/wpi>. Accessed July 13, 2016.