

Achieve your health
and activity goals

THE RIGHT WHEY

Need help meeting
weight and exercise goals?
Learn the right whey to do it.



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WHEY
PROTEIN RESEARCH
CONSORTIUM

WHEY PROTEIN is a natural, complete high quality dairy protein with a neutral flavor that's easy to incorporate in a variety of dishes.

Whether trying to shed a few pounds or increase lean body mass (muscle) – whey protein, as part of a diet high in protein, is the right choice.



Research shows that as part of a high protein diet, whey protein may help adults:

- Maintain a healthy weight^{1,2,3}
- Curb hunger to help meet weight loss goals^{4,5,6,7}
- Build more lean muscle, when combined with resistance training, compared to resistance training alone or resistance training combined with carbohydrate consumption^{9,10,11}



Keep reading to learn more about the benefits of incorporating whey protein into a healthy diet, why it should be incorporated into a healthy diet, and how easy it is to find on supermarket shelves.

As Part of a Diet Higher in Protein, Whey Helps with Weight Management

An important goal for people trying to manage or lose weight is to pick the right types of foods that keep them full after a meal—a concept known as satiety. The idea is that if people can sufficiently curb their hunger throughout the day then they will take in fewer calories overall. Studies are showing that diets higher in protein increase satiety.^{4,5,6,7}

In fact, the Institute of Medicine, an independent organization used by the US Government to ask and answer the nation's most pressing questions about health, supports research that shows, calorie-for-calorie, consuming more protein can increase the feeling of fullness more than carbohydrates or fat.⁴

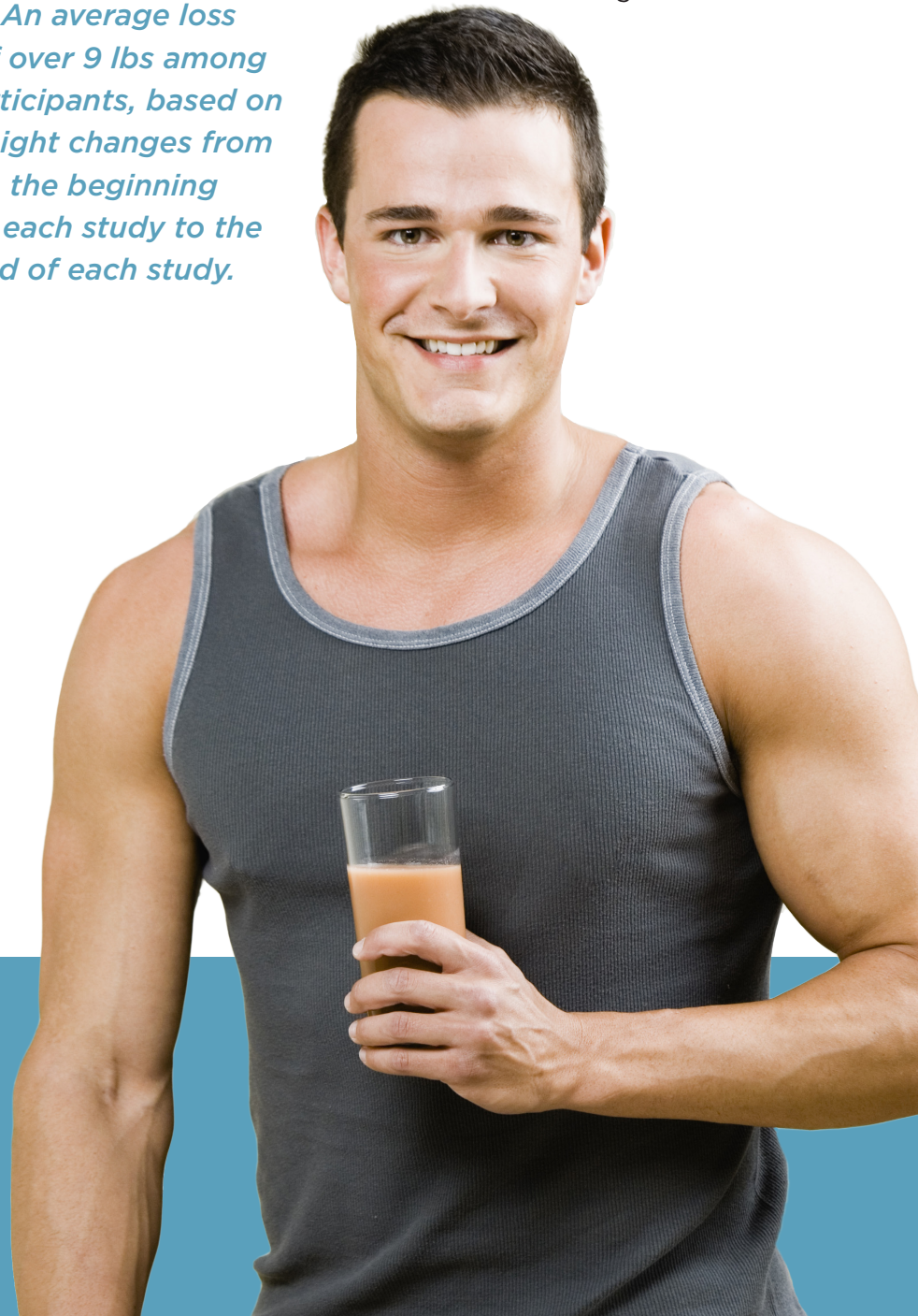
Additionally, findings from a number of studies show whey protein specifically, as part of a diet higher in protein, can help curb hunger.^{7,8,12}

Testing this theory, a recent whey protein meta-analysis¹³—a type of research study that combines findings from multiple, individual studies and identifies patterns among the results—showed significant decreases in body weight is achievable when whey protein is used in conjunction with resistance exercise and to replace carbohydrates (i.e. grains,

bread, etc.) or a different protein source (i.e. soy, meat, etc.) with the same total calories. Specifically, the researchers analyzed findings from five studies and observed:

An average loss of over 9 lbs among participants, based on weight changes from the beginning of each study to the end of each study.

These findings further support the possible importance of utilizing whey protein as part of a meal replacement program for weight maintenance and/or weight loss.



Where's the Whey?

The popularity of whey is exploding! While whey protein powder is popular and easy to find at most supermarkets, this high quality protein source is beginning to make its way into more common foods, too, like oatmeal, flavored waters and yogurt.

When looking for products that contain whey, keep these two tips in mind:

1. Check the front of the package to see if they are promoting "protein" on the label (i.e. "Protein packed", "protein-rich", "good source of protein")
2. Turn the food package over and look at the ingredient list for any of these words: whey protein, whey protein isolate, whey protein concentrate, hydrolyzed whey protein. All of these forms contain the same high quality protein that helps

improve body composition. Because food production is a science, manufacturers often choose one variety over another (or a combination of varieties) to best suit their needs.

Or, try these tips for adding whey protein powder to everyday foods:

- Stir into hot, not boiling, foods after cooking
- Use as an ingredient in baked goods, such as muffins
- Add to ground meats before cooking

- Mix into milk before adding cereal
- Combine in creamy yogurts, sauces and dips



An Easy Whey to Meet Exercise Goals

Whether an exercise goal is to reach a healthy weight or tone up, surprisingly, one's success depends on a similar outcome—increasing lean body mass (muscle).

A recent whey protein meta-analysis¹³ showed significant increases in lean body mass is achievable when whey protein consumption and resistance exercise is combined. Specifically, researchers observed:

An increase in lean body mass by nearly 5 lbs among participants from studies that included a resistance exercise component with whey protein provisions. These findings are based on lean body mass changes from the beginning of each study to the end of each study.

Additionally, a number of stand-alone studies show that consuming whey protein and performing resistance exercise regularly can help build more lean muscle than resistance training alone, or eating carbohydrates (i.e. grains, sugar) and performing resistance training.^{9,10,11}

And, not to be overlooked is the timing of protein intake. Muscle “damage” (small tears) is a normal result of exercising, especially after resistance exercises. As the body repairs this damage, the muscle itself grows and strengthens.

Consuming whey protein after exercise can help speed up this muscle repair process and increase new muscle development.^{9,14}

Overall, the current body of science is growing to support the use of whey protein as a supplement combined with exercise, particularly resistance exercise, to improve body composition parameters, such as increasing lean body mass.



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FOR ADDITIONAL RESOURCES, VISIT
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