

# About Whey Protein

Protein is an essential daily nutrient. It plays many important roles, such as repairing the body's cells, building and repairing muscles, helping build and maintain bones and helping control many metabolic processes.

Whey protein, a high-quality protein naturally found in milk, has been shown to provide many benefits, including enhancing muscles in active adults. Today, many foods and beverages on store shelves contain whey protein. These products are a convenient and delicious way to enjoy the positive effects of whey protein for active and aging adults.

## Maximize your workout

Whey protein helps you get the most out of your workout by speeding muscle recovery after exercise and helping build and maintain lean muscle.<sup>1</sup>

- Research indicates that consuming whey protein following resistance exercise can result in an increase in muscle protein synthesis in healthy adults.
  - As little as 10 grams of whey protein was shown to stimulate muscle synthesis following exercise in a study with resistance-trained young men.<sup>2</sup> Learn more [here](#).
- A combination of protein intake and resistance exercise is more effective at increasing lean muscle than either of the two alone or than the combination of resistance training and drinking a carb-only beverage.
- Whey protein helps to nourish and rejuvenate muscles after a workout.<sup>1</sup> Consuming whey protein post-workout may reduce indicators of muscle damage and muscle soreness.<sup>3</sup>



## Where to get whey protein

Whey protein is easy to find in beverages and foods that are widely available, including: Wheaties FUEL Energy Bars® and Bites™, Starbucks® Vivanno™ Nourishing Blends, Bolthouse Farms Perfectly Protein® and Accelerade™. See a list of new products containing whey protein at [www.WheyForYou.com](http://www.WheyForYou.com).

## Proteins are not created equal

Whey protein is a high-quality dairy protein that, when consumed as part of your diet, has all of the amino acids necessary to build and maintain lean muscle.

- Whey protein increases muscle protein synthesis and is one of the best sources of naturally occurring branched-chain amino acids, including leucine, which is important for skeletal muscle. Leucine cannot be manufactured by the body; it must be obtained through foods. Leucine plays significant roles in the maintenance and repair of muscles and in preventing the breakdown of muscle protein during exercise.
- One scoop of whey protein isolate contains more leucine than an egg, a scoop of soy protein isolate, and 4 oz. of steak or chicken.<sup>4</sup>



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### For active adults, athletes and aging

- Whey protein can be incorporated into the diet to improve body composition, strength and power without large gains in body mass. Research suggests that whey protein helps improve results from resistance exercise training by increasing protein synthesis and leading to greater gains in lean muscle.<sup>5</sup>
- Ingestion of 20g of whey protein increases protein synthesis when consumed before or after resistance exercise.<sup>6</sup>
- Many adults experience an age-related loss of muscle mass, function and strength, a condition referred to as sarcopenia. Whey protein and resistance exercise can play an important role in combating sarcopenia.

### For weight management

Whey protein, as part of a higher-protein diet, helps maintain muscle and increase satiety (a feeling of fullness), making it an important part of weight management programs.

- High-protein diets, including foods with whey protein, can help people who are trying to eat less.
  - Diets higher in protein have been shown to increase satiety (feelings of fullness after a meal).<sup>7</sup>
  - Calorie for calorie, whey protein can help you feel fuller than carbohydrates or fat.<sup>7</sup>
- High-protein diets, including foods with whey protein, can increase the loss of body weight and fat.
  - Following a 16-week diet-and-exercise program, subjects consuming a high-protein diet lost more total body weight and a greater percentage of body fat, and tended to lose less lean muscle mass.<sup>8</sup>



For more information about incorporating whey protein into your diet, visit [www.WheyForYou.com](http://www.WheyForYou.com).

#### Sources:

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