

Get whey protein.

Check the labels of products like these.



For an extra boost,

add whey protein to your healthy, active lifestyle.

A simple way to increase protein intake is to enjoy foods made with whey protein. Whether it's first thing in the morning, between meals or after a workout.

- Grab a protein bar, yogurt or oatmeal with whey protein
- Drink a sports beverage; smoothie or fortified water with whey protein
- Make it yourself by adding whey protein powder into your milk, coffee, yogurt, pudding, cereal or smoothie



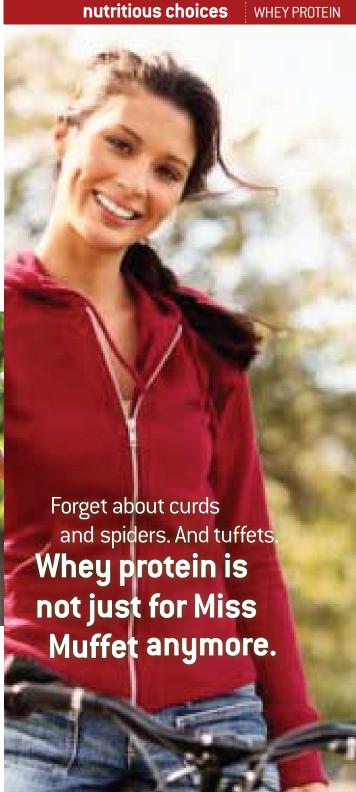
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Who knows what a tuffet is? But if you're trying to eat healthier, you'll want to know about whey protein. Here's how this natural dairy protein fits in today's healthy lifestyle.

Q: What is whey protein?

A: Whey protein is a high-quality protein naturally found in milk.

Q: Where can I find whey protein?

A: Whey protein has been added to many foods to boost their protein content. It also is available as a powder. Check your grocery store for great-tasting products that contain whey protein, as well as whey protein powder to add to food dishes you prepare at home.

Q: Why do I need protein?

A: 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
- Helping control many metabolic processes

Q: Are higher protein diets beneficial?

A: They can be. Research suggests that diets higher in protein, including high-quality whey protein, may:

- Contribute to satiety, a feeling of fullness, for a longer period of time after eating¹³
- Calorie for calorie, curb hunger better than carbohydrates or fats¹⁻⁴
- Help to suppress your appetite

Q: Why is whey protein good for you?

A: Whey protein has a high biological value, which means it is easy to digest and is efficiently used by the

human body. Regular consumption of whey protein, in combination with a weight training program, can increase lean muscle over time in healthy young individuals. Current research is exploring the impact of whey protein on other health benefits.

Q: What does whey protein taste like?

A: Whey protein has a fresher, more natural taste than many other proteins, making it a popular ingredient in nutrition bars, smoothies and other foods.

Q: How does whey protein compare with other proteins?

A: Whey protein is a complete protein, containing all of the amino acids required by the body. It is a great option for athletes because it is one of the best sources of branched-chain amino acids, especially leucine, which can help rebuild muscle protein after exercise.

Q: Does whey protein make sense for aging muscles?

A: Yes. Muscle mass declines as we age, but consuming high-quality protein, such as whey protein, after resistance exercise can help minimize this loss, which may allow us to be active longer in life.⁵

