

Make a Plan for Protein



Three steps to choosing protein: quality, versatility and timing



QUALITY

Not all proteins are equal for muscle protein synthesis – quality matters! For example, whey protein is a high-quality, complete protein containing all of the EAA* and high levels of BCAA.**

BCAA Content of Foods

	Leucine	Isoleucine	Valine
1 scoop (36 g) whey protein isolate [†]	4.7 g	2.1 g	1.9 g
1 scoop (36 g) soy protein isolate	2.4 g	1.5 g	1.5 g
3.5 oz sirloin steak	2.3 g	1.3 g	1.4 g
3.5 oz chicken breast	2.5 g	1.5 g	1.6 g
1 cup low-fat yogurt	1.3 g	0.7 g	1.1 g
1 cup skim milk	0.9 g	0.5 g	0.6 g
1 egg	0.5 g	0.3 g	0.4 g
2 tbsp peanut butter	0.5 g	0.2 g	0.2 g

USDA National Nutrient Database for Standard Reference, Release 26
[†]USDEC Reference Manual for U.S. Whey and Lactose Products



VERSATILITY

Whey protein can easily be added to a variety of foods and recipes. More whey recipes can be found at www.wheyprotein.nationaldairycouncil.org/recipes.

- Stir into hot foods (not boiling), such as soups, pasta sauces and stews immediately after cooking
- Use as an ingredient in baked goods
- Include in savory or sweet dips
- Stir into hot cereal or creamy sauces
- Add to peanut or other nut butters



TIMING

Add high-quality protein, such as whey protein, to meals and snacks to boost protein intake. Some experts suggest 20-35 g at each meal to help maintain muscle. Here are a few ideas:

Include protein after exercise to help with muscle recovery!

Breakfast

Berry Smoothie:
 Nonfat Greek yogurt,
 frozen berries,
 banana, ice +
 3 tbsp vanilla
 whey protein powder



Lunch

Tomato soup +
 2 tbsp whey protein powder, whole wheat toast with low-fat cheese, apple



Snack

Carrots and whole wheat pretzels, reduced fat ranch dressing + 2 tbsp whey protein powder



Dinner

Whole wheat pasta, marinara sauce + 3 tbsp whey protein powder, spinach salad with Italian dressing

