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

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.\(^5\) 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.
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). Unflavored whey protein can be added in a variety of recipes; however, experimenting with different flavors may provide a unique taste experience.

Did You Know?

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

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

Breakfast

Spinach and Feta Breakfast Strata

Whey Pancakes

Morning Power Muffins

Greek Yogurt Cheesecake Parfait

<table>
<thead>
<tr>
<th></th>
<th>Total calories</th>
<th>Total protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach and Feta Breakfast Strata</td>
<td>230</td>
<td>20g</td>
</tr>
<tr>
<td>Whey Pancakes</td>
<td>170g</td>
<td>10g</td>
</tr>
<tr>
<td>Morning Power Muffins</td>
<td>240</td>
<td>12g</td>
</tr>
<tr>
<td>Greek Yogurt Cheesecake Parfait</td>
<td>260</td>
<td>26g</td>
</tr>
</tbody>
</table>

Lunch and Dinner

Mushroom Swiss Meatball Soup

Go Go Green Goddess Salad Dressing

Whey To-Go! Pasta

Veggie Quesadilla with Guacamole

<table>
<thead>
<tr>
<th></th>
<th>Total calories</th>
<th>Total protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushroom Swiss Meatball Soup</td>
<td>350</td>
<td>39g</td>
</tr>
<tr>
<td>Go Go Green Goddess Salad Dressing</td>
<td>50</td>
<td>4g</td>
</tr>
<tr>
<td>Whey To-Go! Pasta</td>
<td>380</td>
<td>33g</td>
</tr>
<tr>
<td>Veggie Quesadilla with Guacamole</td>
<td>370</td>
<td>22g</td>
</tr>
</tbody>
</table>

Snacks

Creamy Caramel Dip

Energy Bars

<table>
<thead>
<tr>
<th></th>
<th>Total calories</th>
<th>Total protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamy Caramel Dip</td>
<td>170</td>
<td>12g</td>
</tr>
<tr>
<td>Energy Bars</td>
<td>190</td>
<td>10g</td>
</tr>
</tbody>
</table>

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

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.