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.**

<table>
<thead>
<tr>
<th>BCAA Content of Foods</th>
<th>Leucine</th>
<th>Isoleucine</th>
<th>Valine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 scoop (36 g) whey protein isolate†</td>
<td>4.7 g</td>
<td>2.1 g</td>
<td>1.9 g</td>
</tr>
<tr>
<td>1 scoop (36 g) soy protein isolate</td>
<td>2.4 g</td>
<td>1.5 g</td>
<td>1.5 g</td>
</tr>
<tr>
<td>3.5 oz sirloin steak</td>
<td>2.3 g</td>
<td>1.3 g</td>
<td>1.4 g</td>
</tr>
<tr>
<td>3.5 oz chicken breast</td>
<td>2.5 g</td>
<td>1.5 g</td>
<td>1.6 g</td>
</tr>
<tr>
<td>1 cup low-fat yogurt</td>
<td>1.3 g</td>
<td>0.7 g</td>
<td>1.1 g</td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>0.9 g</td>
<td>0.5 g</td>
<td>0.6 g</td>
</tr>
<tr>
<td>1 egg</td>
<td>0.5 g</td>
<td>0.3 g</td>
<td>0.4 g</td>
</tr>
<tr>
<td>2 tbsp peanut butter</td>
<td>0.5 g</td>
<td>0.2 g</td>
<td>0.2 g</td>
</tr>
</tbody>
</table>

† 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:

**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

* Essential amino acids
** Branched chain amino acids
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For more information and recipes, visit us at www.wheyprotein.nationaldairycouncil.org.
Refer to your registered dietitian or healthcare provider for specific meal and calorie recommendations.