

# WHEY

## PROTEIN

FOUND NATURALLY IN DAIRY

### Energy Booster Bars

#### Makes 15 bars

- 1 cup (about 4 scoops) unflavored or vanilla-flavored whey protein powder
- 1 cup quick-cooking oats
- ½ cup whole wheat flour
- ½ cup unsalted sunflower seeds
- ½ cup dried blueberries or cherries
- ⅓ cup sliced almonds
- 2 tbsp ground flaxseed
- 2 large eggs
- ⅓ cup pure maple syrup
- 2 tbsp vegetable oil
- ¼ cup mini-chocolate chips

1. Preheat oven to 350°F. Coat a 13- by 9-inch pan with vegetable oil cooking spray.
2. Combine whey protein powder, oats, flour, sunflower seeds, dried fruit, almonds and flaxseed in a food processor and pulse until coarsely chopped; transfer to a medium bowl. For chunkier bars, combine ingredients in a medium bowl.
3. In a separate small bowl, whisk together eggs, syrup and oil; add to the protein bar mixture. Stir until dry ingredients are moistened. Fold in chocolate chips.
4. Gently press into prepared pan. Bake about 15-20 minutes or until lightly browned around the edges. Cool completely on wire rack, then cut into 15 4- by 1½-inch bars.

#### **NUTRITION INFORMATION PER BAR (MAKES 15 BARS):**

190 calories, 10 g protein (including 6 g whey protein), 21 g carbohydrate, 3 g fiber, 8 g fat, 1.5 g saturated fat, 150 mg sodium



## PROTEIN AND YOUR HEALTH

### *Did you know...*

Including complete proteins in your diet every day helps ensure that your body gets all of the essential amino acids needed to support the growth and repair of muscle and other body tissues and to help build and maintain bones. Animal proteins, such as meat, fish, poultry, dairy, eggs and whey protein are all sources of complete proteins.

*Nancy Rodriguez, PhD, RD, CSSD, FACSM, Professor,  
Nutritional Sciences, University of Connecticut*

Whey protein is a high-quality protein naturally found in dairy. Whey protein is one of the best sources of branched-chain amino acids (BCAA), including leucine, which has been shown to stimulate muscle synthesis.

*Bob Seebohar, MS, RD, CSSD, CSCS,  
Sport Dietitian, Fuel4mance, LLC*

[www.nationaldairycouncil.org/wheyprotein](http://www.nationaldairycouncil.org/wheyprotein)



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## PROTEIN

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### Pomegranate Berry Blast Smoothie

#### Makes 1 serving

6 oz low-fat vanilla yogurt  
(or any fruit flavor)

½ cup unsweetened  
pomegranate juice

½ cup fresh or frozen  
unsweetened mixed berries (such  
as strawberries, blueberries,  
raspberries or blackberries)

1 scoop unflavored or vanilla-  
flavored whey protein powder

Crushed ice (optional)

**Combine in a blender until smooth.**

#### Variations:

- Use fat-free yogurt made with a low-calorie sweetener to save 70 calories per serving.
- For extra protein and flavor, add 2 tablespoons sliced almonds (add 70 calories, 6 g fat and 2 g protein per serving).

#### **NUTRITION INFORMATION PER SERVING:**

390 calories, 27 g protein (including 21 g whey protein), 62 g carbohydrate, 2 g fiber, 4 g fat, 2 g saturated fat, 250 mg sodium

*Also contains:* vitamin A, vitamin C, vitamin D, calcium, phosphorus, potassium





## PROTEIN AND YOUR HEALTH

### *Did you know...*

It's important to get enough protein each day. Aim for at least 0.4 grams of protein for every pound of body weight to meet basic requirements. If you regularly engage in endurance exercise or strength training, up to twice this amount may be beneficial.

*Leslie Bonci, MPH, RD, LDN, CSSD, Director of Sports Nutrition, University of Pittsburgh Medical Center*

If you are lactose sensitive you may be able to tolerate whey protein isolate, which contains very little lactose. The amount of lactose in whey protein concentrate is higher. Since lactose content can vary from product to product, it's important to contact the manufacturer for specific information.

*Christopher Mohr, PhD, RD, CSSD, Owner, Mohr Results, Inc.*

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## Creamy Caramel Dip For Fruit

### Makes 2 cups

8 oz reduced-fat cream  
cheese (Neufchâtel)

$\frac{3}{4}$  cup (about 3 scoops)  
unflavored or vanilla-flavored  
whey protein powder

$\frac{1}{2}$  cup fat-free plain yogurt

$\frac{1}{2}$  cup brown sugar

2 tsp pure vanilla extract

### NUTRITION INFORMATION PER $\frac{1}{4}$ -CUP SERVING:

170 calories, 12 g protein (including 8 g whey protein), 16 g  
carbohydrate, 0 g fiber, 7 g fat, 4.5 g saturated fat, 200 mg sodium

*Also contains:* calcium

Combine all ingredients in a medium bowl and beat  
with an electric mixer until smooth and creamy.  
Serve immediately with your favorite fruits.

### Variations:

For extra flavor, add  $\frac{1}{3}$  cup ground almonds (add  
20 calories, 2 g fat and 1 g protein per serving).



## PROTEIN AND YOUR HEALTH

### *Did you know...*

Whey protein comes from cow's milk and is produced during the cheese making process. The curds that develop are used to make cheese and the liquid that is left behind contains whey protein. The liquid whey protein is pasteurized and dried into a powder that can be used on its own or as an ingredient to increase the protein level in a variety of foods and recipes.

*Marlene Schmidt, MS, RD, Vice President, Dairy Health and Wellness, National Dairy Council*

When looking for whey protein in a product, check the ingredients label. It is common to see "whey protein concentrate" or "whey protein isolate" listed. Both offer health benefits. Whey protein isolate has a higher concentration of protein per gram because of the removal of some ingredients, such as lactose, fat and some vitamins and minerals.

*Susan Kundrat, MS, RD, CSSD, LDN, President, Nutrition on the Move, Inc.*

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