



## **Facts About “Engineered” or “Designer” Whey Protein**

### **What is “designer” whey protein?**

Traditionally, whey is the liquid by-product of cheese production. It contains lactose and several proteins like lactalbumin and lactoglobulin. Whey, in its natural fluid state, contains only about 0.9% protein. Here’s where food “engineering” and “designing” come into play. The manufacturers of whey protein supplements isolate and concentrate the protein portion to provide more protein than the amount naturally found in milk. Whey protein, like the fluid milk it comes from, is a protein of high quality.

### **What are high quality proteins?**

Proteins of highest quality provide amino acids in the proportion your body requires. High quality proteins for humans include eggs, cow’s milk, cheeses, meat, fish and poultry.

### **What makes one protein higher quality than another?**

All proteins are made from some combination of the same twenty amino acids. The scientific measure of protein quality depends on the amino acid make-up of the protein. The closer the composition of the protein to the body’s needs, the higher the quality.

### **Is it necessary to consume only high quality proteins?**

No. You can get the amino acids your body needs from diets containing high quality proteins or from diets totally void of them, such as a strict vegetarian diet. Eating animal protein just makes it easier to get the amino acids you need.

### **Are whey protein supplements better than other protein supplements?**

For healthy athletes eating a variety of proteins, research has not shown that whey protein is better than other high quality proteins like eggs, milk, meat, poultry, and fish.

### **Will protein supplements help my performance?**

It depends. The key is to determine how much protein you need. Current guidelines for endurance and strength training athletes are 1.2 to 2 grams per kilogram body weight

per day, depending on your calorie intake, training and the types of protein foods you eat (whether animal or plant). If your diet isn't meeting your protein requirement, then a pure protein supplement can help you get the protein you need without increasing your carbohydrate or fat intake

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