

Not All Proteins Are the Same

Milk contains 8 grams of protein per serving, which can be a mixture of whey and casein protein. This makes milk a good source of protein.

Types of Proteins & Protein Quality (Biological Value)*

Eggs

100

Milk (Whey + Casein)

91

Beef

80

Soy protein

74

Wheat gluten

64

*biological value refers to the proportion of dietary protein retained in the body from growth and/or maintenance.



Hoffman JR, Falvo MJ>, Protein - Which is Best? J sports Sci Med. 2024 sep 1; 3(3):118-30. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905294/>



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