

# Where's The Whey?

The  
**Power**

of



## Whey Protein:

It's naturally found in dairy!

### Whey protein:

- is a high-quality, complete protein that is naturally found in dairy
- provides protein, which your body needs each day to build and maintain muscle
- can help you feel fuller for longer
- can help you maintain a healthy weight
- promotes muscle repair and recovery after a workout

Whey protein is available as a **powder** and can be found in many foods and beverages such as **energy bars, oatmeal, yogurt, and flavored water.**

### Whey Protein is usually listed on food labels as....

- "whey protein"
- "whey protein isolate"
- "whey protein concentrate"
- "hydrolyzed whey protein"



Check the ingredient label for specific information about whey protein content!



Content courtesy of National Dairy Council.



[arizonamilk.org](http://arizonamilk.org)

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