Harness the Power of U.S. Dairy Protein

As a health professional, you likely know what to choose when looking for a protein-packed food. But, are you making the best choice based on the food's protein quality?

Not all proteins are the same when it comes to delivering benefits for health — so learning how to choose and recommend high-quality options is important. Whey and milk proteins are naturally found in cow's milk and are complete sources of all essential and non-essential amino acids the body needs. Whey proteins stand out as among the best sources of branched-chain amino acids (BCAA), and a leading source of the BCAA leucine — which is unique in its ability to initiate new muscle synthesis.

The United States is the largest, single-country producer of whey proteins and a rising producer of milk proteins.

As part of a higher protein diet, high-quality U.S. dairy proteins can help people:

- Maintain a healthy weight
- Curb hunger
- Build lean muscle (with regular resistance exercise)
- Enhance exercise recovery
- Maintain muscle mass as they age

TIPS FOR HEALTH PROFESSIONALS

A growing body of research recommends spreading intakes of high-quality protein evenly throughout the day, as there is a limit to how much protein the body can use at one time. Aiming for 20-30 g of high-quality protein per meal can help people achieve the full benefits of a higher protein diet.[20,21,22,23]

For references and more information on U.S. dairy health and nutritional benefits, visit www.ThinkUSAdairy.org/Nutrition

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Spotlight: U.S. Dairy Protein Benefit – Helping Maintain Muscle with Aging

Sarcopenia — the age-related loss of muscle and function — is a progressive process that can be characterized by approximately 3-8% reduction in lean muscle mass per decade after 30 years of age.

Maintaining muscle mass, strength and functionality are important to avoid a domino effect of consequences: decreased activity, increased risk of falls, loss of autonomy and increased dependency.

This easy and delicious dairy smoothie recipe is perfect to boost protein intake at breakfast—it packs in over 20 g of high-quality whey protein:

Mango-Pineapple Smoothie
(makes 1 serving)
Combine the following ingredients in a blender and blend until smooth

- ½ cup fresh or frozen mango
- ½ cup pineapple, canned in juice, drained
- ¼ cup pineapple juice (drained from canned pineapple)
- 1 scoop whey protein powder, unflavored or vanilla-flavor
- Crushed ice

Nutrition information per serving:
280 calories, 22 g protein (including 21 g whey protein), 45 g carbohydrate, 3 g fiber, 2.5 g fat, 1 g saturated fat, 160 mg sodium
Also contains: vitamin A, vitamin C, calcium, potassium

TIPS FOR HEALTH PROFESSIONALS

Here are three easy ways for aging populations to help maintain, or increase, muscle with age:

1. Follow a higher protein diet with high-quality protein sources, like U.S. whey and milk proteins.[21, 28, 29]
2. Spread out protein intakes evenly throughout the day – pay special attention to boosting intake at breakfast, a meal that tends to be lower in protein content.
3. Participate in a regular exercise program to maximize benefits.[22]

To learn more and find a USDEC representative near you, go to **ThinkUSAdairy.org/global-presence.**

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