

# Make a Plan for Protein



## Three steps to choosing protein: quality, versatility and timing



### QUALITY

Not all proteins are equal for muscle protein synthesis – quality matters! For example, whey protein is a high-quality, complete protein containing all of the EAA\* and high levels of BCAA.\*\*

#### BCAA Content of Foods

	Leucine	Isoleucine	Valine
1 scoop (36 g) whey protein isolate <sup>†</sup>	4.7 g	2.1 g	1.9 g
1 scoop (36 g) soy protein isolate	2.4 g	1.5 g	1.5 g
3.5 oz sirloin steak	2.3 g	1.3 g	1.4 g
3.5 oz chicken breast	2.5 g	1.5 g	1.6 g
1 cup low-fat yogurt	1.3 g	0.7 g	1.1 g
1 cup skim milk	0.9 g	0.5 g	0.6 g
1 egg	0.5 g	0.3 g	0.4 g
2 tbsp peanut butter	0.5 g	0.2 g	0.2 g

USDA National Nutrient Database for Standard Reference, Release 26  
<sup>†</sup>USDEC Reference Manual for U.S. Whey and Lactose Products



### VERSATILITY

Whey protein can easily be added to a variety of foods and recipes. More whey recipes can be found at [www.wheyprotein.nationaldairyCouncil.org/recipes](http://www.wheyprotein.nationaldairyCouncil.org/recipes).

- Stir into hot foods (not boiling), such as soups, pasta sauces and stews immediately after cooking
- Use as an ingredient in baked goods
- Include in savory or sweet dips
- Add to peanut or other nut butters
- Stir into hot cereal or creamy sauces



### TIMING

Add high-quality protein, such as whey protein, to meals and snacks to boost protein intake. Some experts suggest 20-35 g at each meal to help maintain muscle. Here are a few ideas:

**Include protein after exercise to help with muscle recovery!**

#### Breakfast

Berry Smoothie:  
 Nonfat Greek yogurt,  
 frozen berries,  
 banana, ice +  
 3 tbsp vanilla  
 whey  
 protein  
 powder



#### Lunch

Tomato soup +  
 2 tbsp whey protein  
 powder, whole  
 wheat toast with  
 low-fat cheese,  
 apple



#### Snack

Carrots and whole  
 wheat pretzels,  
 reduced fat ranch  
 dressing + 2 tbsp  
 whey protein  
 powder



#### Dinner

Whole wheat pasta,  
 marinara sauce +  
 3 tbsp whey protein  
 powder, spinach  
 salad with Italian  
 dressing

