SOME FACTS ABOUT WHEY PROTIEN POWDER

Protein powders come in various forms. The three common ones are **whey, soy, and casein protein**. “Whey is the most commonly used, because it’s a **water-soluble milk protein**,” says Peter Horvath, PhD, associate professor in the department of exercise and nutrition sciences at the State University of New York at Buffalo.

* Different **whey protein**powders can vary in calories, and fat and lactose content. **Whey protein**isolate is 90 percent **protein**and contains little to no fat, cholesterol or lactose.
* Extracted from cow’s milk during the cheese making process (whey is the watery part of milk that will separate from the curds), the protein is first filtered and then spray dried to create a powdered supplement that you can then mix into shakes and smoothies.
* Even though whey protein is primarily taken to develop muscle and in turn, burn fat, whey protein powder can have other [positive effects on the body](http://www.wheyproteinking.com/important-whey-protein-facts.html).Introducing whey protein into your diet may help you to avoid digestive problems in the future.  The lactose in whey protein will turn into galacto-oliyosaccharides which are then used by intestinal bacteria. Once this occurs, the intestinal bacteria will be better able to break down food, aiding you in digestion.
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NUTRITIONAL CONTENTS OF WHEY PROTIEN POWDER

* **Whey** is used as a nutritional supplement as it has benefits in areas including sports **nutrition**, weight management, improving immunity and bone health, and general wellness. Liquid **whey** consists of 93.9 percent water, 4.7 percent carbohydrates, 0.3 percent fats and 0.9 percent **proteins**. It provides 26 calories per 100 g.
* **Whey protein powder**is the collection of globular proteins isolated from **whey**. The **protein**in cow’s milk is 20% **whey protein**and 80% casein **protein**, whereas the **protein**in human milk is 70% **whey**and 30% casein. The **protein**fraction in **whey**constitutes approximately 10% of the total dry solids in **whey**.
* Liquid **whey**consists of 93.9 percent water, 4.7 percent carbohydrates, 0.3 percent fats and 0.9 percent proteins. It provides 26 calories per 100 g. **Whey**is low in fats and **protein**and high in sugar. Although the **protein**quantity is low, the proteins are of high biological value. Liquid **whey**is also a good source of potassium and contains some of the valuable vitamins found in milk.