Nutrient Highlight: PROTEIN

Protein is an **essential nutrient** your body needs to take in every day to work properly and is found throughout your body. Your organs, muscles, bones, nails and hair are mostly made up of protein. Protein **helps re-build, maintain and repair body tissues**, such as muscle and nervous tissue. Your body also uses it to make new cells and to create specialized proteins, such as hemoglobin, which helps carry oxygen to your body and support a healthy immune system.

BENEFITS

1. Maintain a healthy weight: A reduced-calorie, higher-protein diet that includes whey protein may help you maintain a healthy weight.
2. Curb hunger: Calorie for calorie, protein, like whey protein, can help people feel fuller longer than carbohydrates or fats when it's a part of a higher-protein diet.
3. Build lean muscle: A higher-protein diet in combination with resistance exercise can help build healthy muscles and support weight management.
4. Enhance recovery: Consuming protein, like whey protein, after exercising can help build and repair muscle.
5. Reduce muscle loss during aging: Protein can help preserve muscle as you age.

LOOKING FOR RECIPES?

Scan for high-quality protein recipes!

1 SERVING OF DAIRY...

8-13 g of protein

5-8 g of protein

10-20 g of protein
*Greek yogurt

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