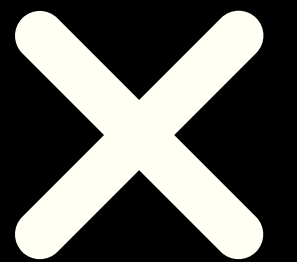
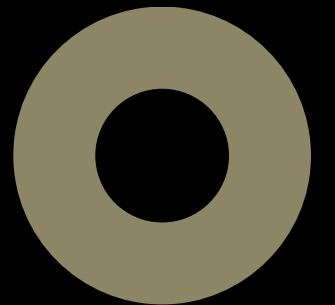
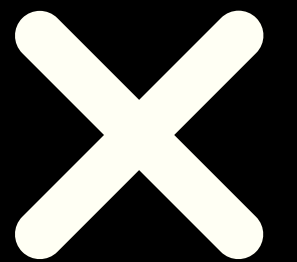
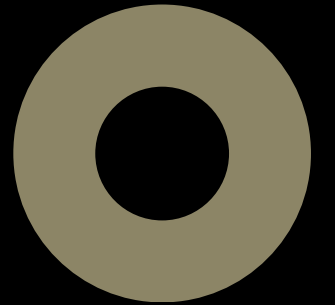
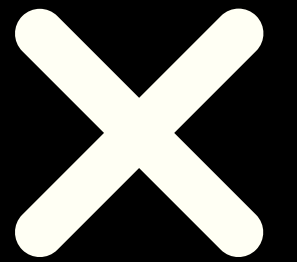
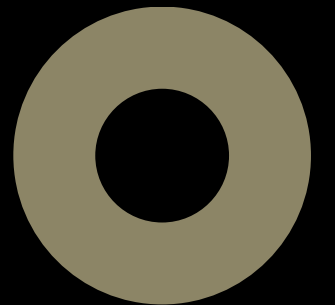
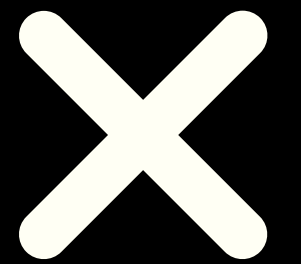
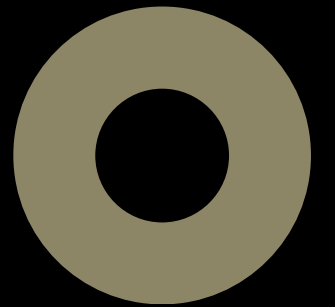
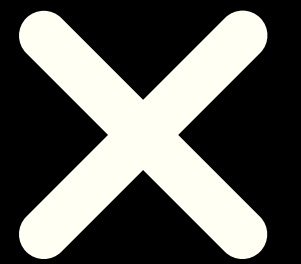


What is whey protein?

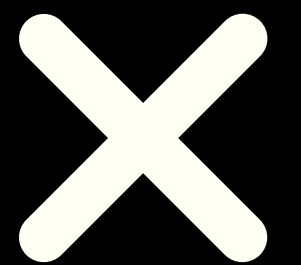
Whey protein? It's like the rockstar of protein. It's the liquid part of milk left over during cheese production. They dry it out, and boom! You've got a high-quality protein powder.



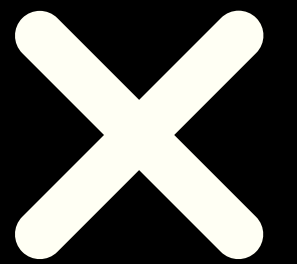
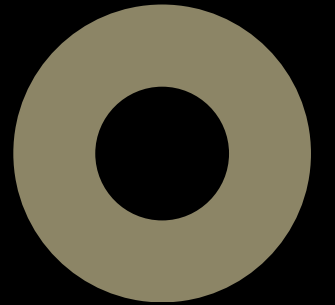
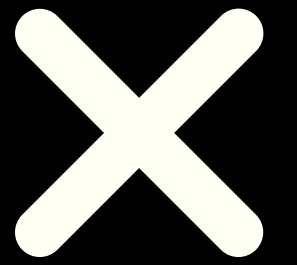
What are the different types of whey protein?



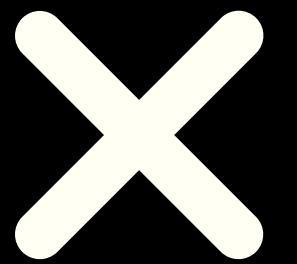
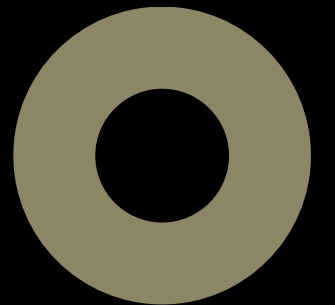
You've got your whey protein isolate, whey protein concentrate, and whey protein hydrolysate. Isolate is the purest, while concentrate has more fats and carbs, but don't worry, they're all great for fueling your muscles.



How is whey protein extracted from milk?



Milk's a bit of a two-timer; it's got both whey and casein. To get whey, you use filtration, separating the good stuff (whey) from the rest. It's like a protein heist.





What are the key nutritional components of whey protein?

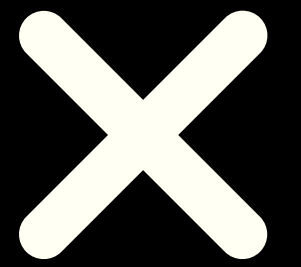
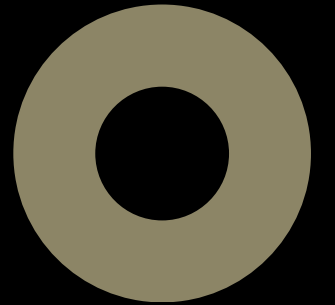
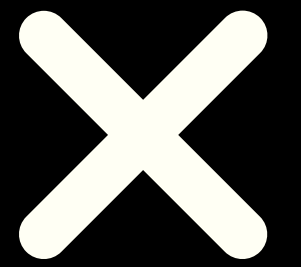
Protein, duh! But it's also got essential amino acids, BCAAs (the muscle superheroes), and some minerals. It's basically a nutrient party.



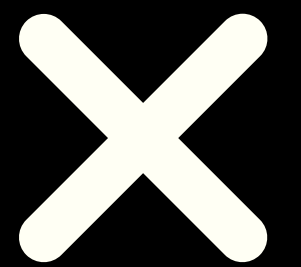
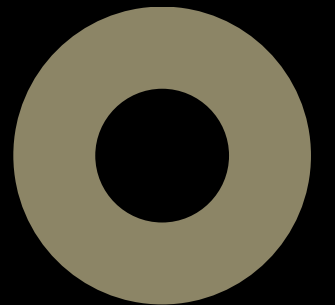
What is the protein content in whey protein powder?

Expect around 70-80% protein content in whey protein concentrate, and a whopping 90%+ in whey protein isolate. It's like the VIP section of protein.

How does whey protein differ from other protein sources like casein and soy?



Whey's the fast-acting, muscle-loving champ. Casein is the slow-digesting, nighttime cuddler. Soy's plant-based but not as complete as whey. They all have their gigs.





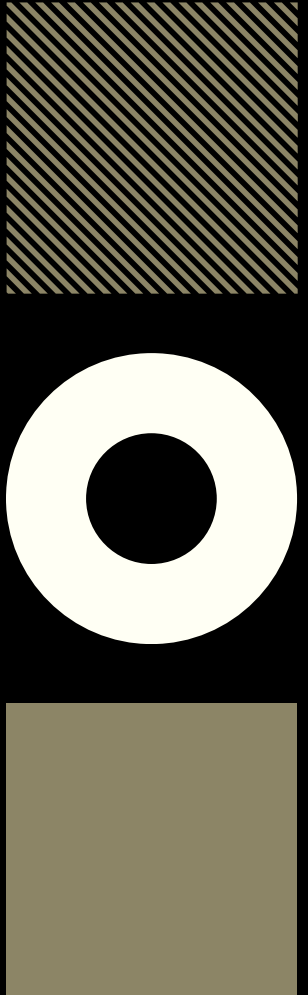
What are the benefits of consuming whey protein?

You want muscle growth, recovery, and an immune system boost? Well, whey protein's got your back. It's like a protein-packed guardian angel.



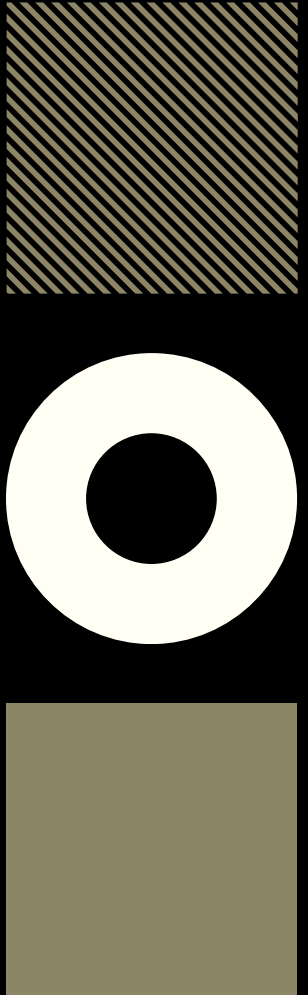
How is whey protein used in fitness and bodybuilding?

Think of it as the secret sauce for gains. Pre-workout, post-workout, anytime you need muscle fuel. It's the go-to for gym junkies.



Is whey protein suitable for vegetarians or vegans?

Sorry, vegans, whey comes from milk. But there are plant-based protein options that'll give you your protein fix without the moo.



Are there any potential side effects or allergies associated with whey protein?

For some, it might trigger allergies or digestive discomfort. Always best to test it out, and if you feel funky, there are other protein options in the sea.



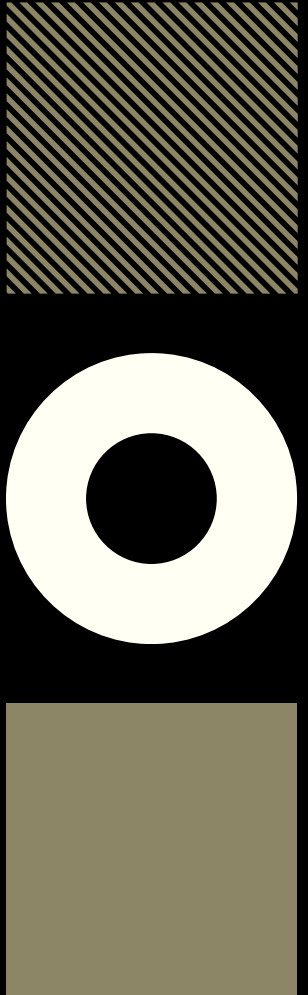
Can whey protein help with weight loss?

Absolutely! Protein helps with satiety and burning calories. It's like having a personal trainer for your metabolism.



What is the best time to consume whey protein for muscle recovery?

Post-workout is prime time. Your muscles are like sponges, ready to soak up that protein and recover like champions.



Can whey protein be used as a meal replacement?

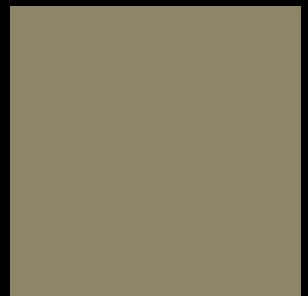
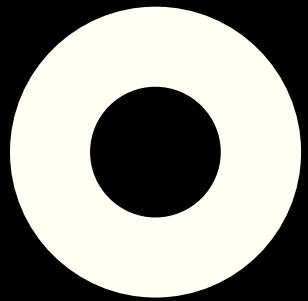
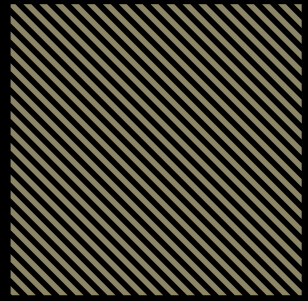
You could, but it's not the best solo act for meals. It's more like the opening act - pair it with other nutrients for a balanced meal.



Is whey protein safe for children or the elderly?

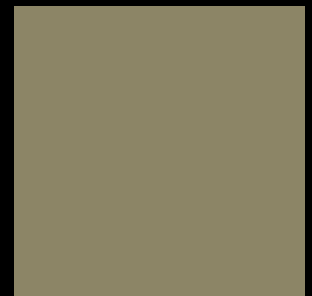
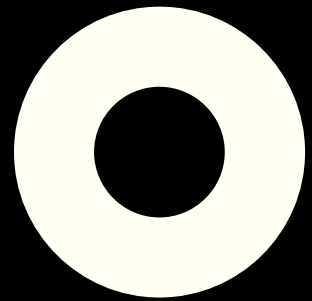
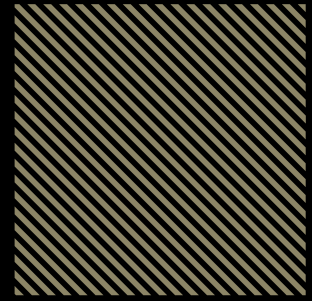
Most likely, but it's always wise to consult with a doc before making it a daily routine, especially for the kiddos and the golden agers.

What is the difference between whey protein isolate and whey protein concentrate?



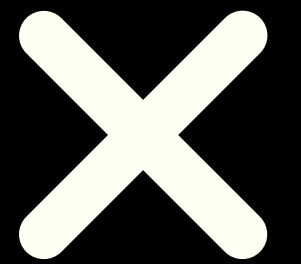
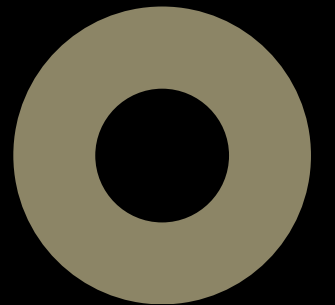
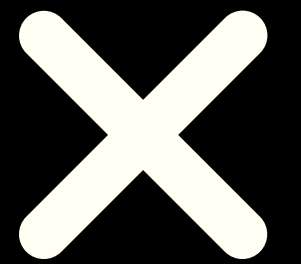
Isolate is like protein on steroids - super pure, very low in carbs and fats. Concentrate is a bit more easygoing, with some fats and carbs tagging along.

Can people with lactose intolerance or dairy allergies consume whey protein?

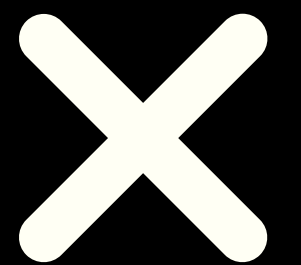
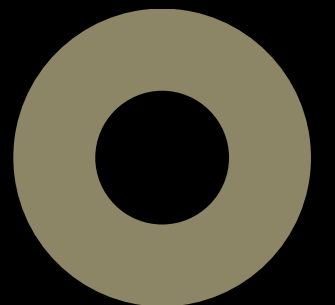


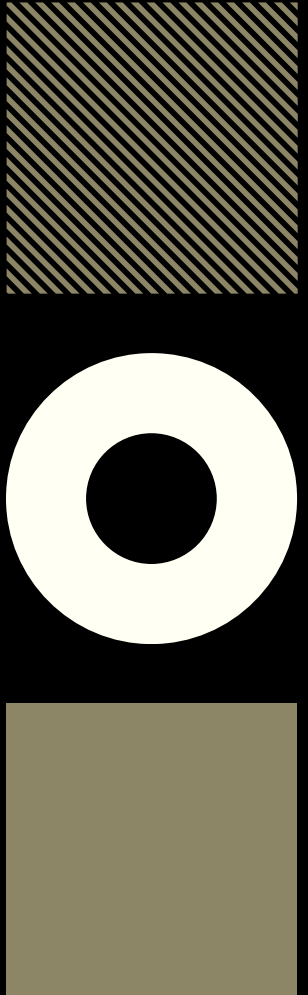
There are whey protein isolates and hydrolysates that are low in lactose. So, it might work for some lactose-intolerant folks, but proceed with caution.

How does the taste of whey protein compare to other protein sources?



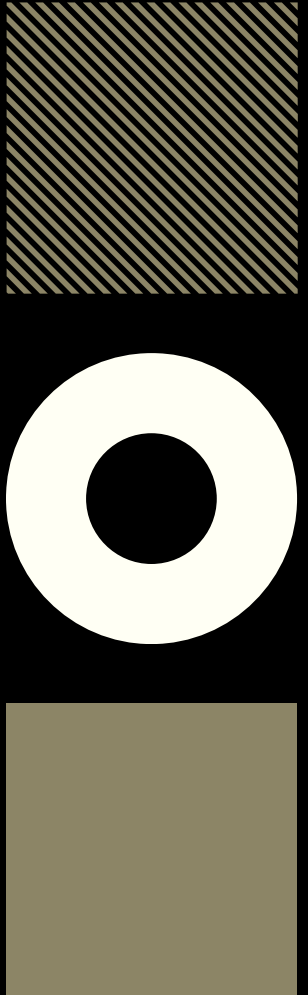
Whey protein's like the cool kid in the protein world – it's usually tasty. But flavors can vary, so find your jam, whether it's chocolate, vanilla, or unicorn rainbow.





What is the recommended daily intake of whey protein for different individuals?

It varies, depending on your goals and activity level. But generally, aim for 0.36 grams of protein per pound of body weight. Adjust to your needs.

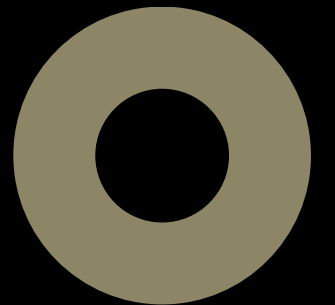
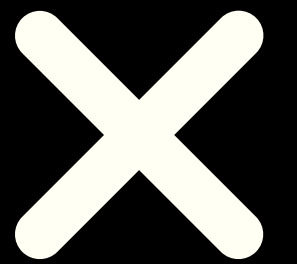
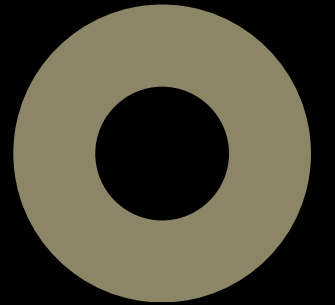
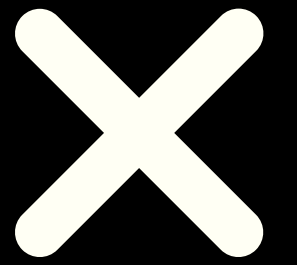


Are there any interactions between whey protein and medications or other supplements?

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Always smart to check with your doc if you're on meds. Whey's generally safe, but it's a good rule of thumb to play it safe.

What are some popular recipes or ways to incorporate whey protein into a diet?



Blend it in smoothies, stir it in oatmeal, or bake it into protein-packed goodies. Get creative! Whey protein is versatile – use it in any recipe that needs a protein boost.

