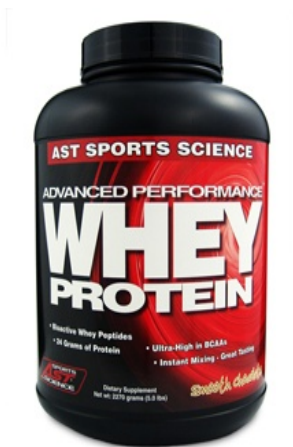




WHEY PROTEIN – BETTER FOR WEIGHT LOSS AND APPETITE SUPPRESSION

July 23rd, 2011



Researchers from the U.S. Department of Agriculture's Center for Human Nutrition published in the *Journal of Nutrition* a study demonstrating the superiority of whey protein versus soy protein for weight loss and reducing appetite.

90 overweight men and women were put on the same diets except that one group consumed 50 grams of whey protein in a shake twice a day, another group consumed 50 grams of soy protein twice a day and the third group consumed 50 grams twice a day of a carbohydrate containing shake.

The carbohydrate group gained weight, the soy protein group stayed the same and the whey protein group not only lost weight, but abdominal fat as well.

In addition, the whey protein group had much lower circulating levels of ghrelin, a hormone that makes us feel hunger. It is also known that whey protein supports the immune system. Protein intake is an important part of staying slim and maintaining shapely muscle mass.

Whey protein, not soy protein is the source to use.

Click [here](#) for online version.

For internal use only. Reprints available for purchase.