

## The Difference In Protein Powders

A lot of people probably don't know that there are different types of proteins. And since there are different types of proteins; then which one is best for you?

I want to take a look at some of the different types of proteins and their purposes.

### **Whey Protein**

Whey protein is the top of the line protein for many reasons.

Whey protein is absorbed faster than any other protein source. This makes it ideal for drinking after workouts, and first thing in the morning when the body needs nutrients and amino acids as quick as possible.

Whey protein is actually a by-product of cheese. It's what's left over in the cheese-making process.

Unfortunately, it's also highly allergenic. The problem isn't lactose or casein (a major allergen in milk) since they are both either removed or at significantly reduced levels in whey.

Whey contributes to two conditions, aminoacidemia and intestinal toxemia.

Protein takes more energy for the body to process than carbs and fats. This means more calories are needed to process it, and more calories are burned. This leads to a faster metabolism and faster weight loss.

Good whey protein supplements are also high in Glutamine. Glutamine is the most abundant amino acid in the body, and is responsible for muscle repair and regrowth as well as being the primary fuel for the immune system.

Whey protein may be more beneficial to the human body than any other protein. When it comes to boosting growth, health, and performance, whey protein outperforms soy, egg, fish, beef, casein (another whey protein) and any other protein you can name.

As much as 30 percent of the amino acids in whey protein are BCAA. Unlike other amino acids, BCAA can be oxidized directly by the muscle cells, so they are used at a high rate during exercise. The BCAA have also been shown to have the greatest positive effect on muscle protein synthesis among all of the amino acids.

Whey protein is a complete protein that contains all 20 amino acids and all nine essential amino acids (i.e. amino acids that must be obtained in the diet because the body cannot make them using other amino acids).

### **Casein Protein**

Casein Protein is responsible for 80% of the protein found in dairy products. Casein Protein also digests slower than whey products, which means that it can stay in your stomach and help you feel fuller for longer.

Casein is a rich protein source that will feed the body at a steady rate, which makes it ideal as a dietary supplement during the day or as a night-time protein to feed the body while you sleep.

Casein is the only protein you should be taking before going to sleep. The reason is because your body needs to be sustained for six to eight hours during your sleep without food. Casein protein is also found in milk but works more slowly and also sticks around in the blood for longer. It also has properties that help prevent muscle depletion. Casein is best taken before bedtime when the body needs a steady supply of proteins while the muscles repair and rebuild during the night.

### **Whey Isolate**

Whey Isolate is obviously made from the same part of milk as whey protein is, but the difference lies in the way Whey Isolate is processed. While Whey Protein still contains lipids and lactose (read fats and sugars), Whey Isolate is designed to get rid of everything except the protein. To get rid of all excess calories from the milk, Whey Isolate must be **denatured** and then **renatured** in order to be most useful for the body.

Typically, Whey Isolate consists of about **90-98% protein**, whereas Whey Protein usually contains between 70-85% protein. Because Whey Isolate requires a more intense isolation process, it is typically more expensive than different types of protein.

Whey isolate is virtually fat-free for those wishing to eliminate as much fat from their diet as possible. It is typically lactose free for those few individuals who are very sensitive to the low-lactose levels found in whey concentrate. Whey isolate tends to taste slightly better than whey concentrate too, yet its consistency is a little thinner, without the fat.

### **Whey Concentrate**

Whey Concentrate is a bit more affordable for each gram of protein. It comes with a low lactose level which is well accepted by nearly all lactose-sensitive consumers. It has trivial quantities of fat and carbs in accordance with your current nutritional ingestion. Whey concentrate is normally the best-selling source of whey.

It has a low lactose level that is well tolerated by most lactose-sensitive people. It has trivial amounts of fat and carbs relative to your overall nutrient intake.

### **Egg Protein**

Egg white protein was the most popular type of protein supplement for many years before milk proteins surpassed its popularity due to their better taste and lower cost.

Like milk proteins, egg white is also naturally very low in fat and carbs.

Egg white protein is cholesterol-free and an excellent choice for those who wish to avoid dairy products.

Is considered to be one of the best forms of natural protein. The white of eggs contains the proteins. Egg Protein Powder Egg protein is still one of the highest-quality proteins available. It is virtually devoid of carbs and fat, and it is readily digested and absorbed. Egg yolks provide healthy fats, as well as highly bioavailable iron, riboflavin, folate, vitamins B12, D and E, and choline (which enhances strength and brain function).

Some people may have heard of the phrase “Egg Albumin” Albumin is simply the Latin term for “white,” which means that Egg Albumin powder is simply a concentrated version of egg whites.

### **Soy Protein**

A popular vegetarian option. Soy protein is extracted from soy beans and provides all of the essential amino acids. The protein is concentrated or isolated after the soy beans have been hulled and dried into soy flour.

Soy and hemp are unique among vegetable protein sources in that they supply all 8 essential amino acids. Most vegetable proteins lack one or more.

Soy has additional benefits, too. The isoflavones in soy provide antioxidant benefits, heart health benefits and is often used by women transitioning through menopause.

For all its benefits, soy protein has a characteristic taste that, while not unpleasant, can be hard to completely mask with flavors and sweeteners, especially when soy is the sole protein source in a product.

Not as efficient as milk or casein protein, Soy Protein powder still beats out some types of protein for efficiency and fast absorption.