Whey-ing up the options

At Hall Training we begin by setting your own protein targets to hit each day. However, sometimes this can be tricky. One way we help to encourage more protein into the diet is through the aid of protein shakes.

Used as a supplement only, we recommend our clients to have protein shakes either after a workout, as an on-the-go snack or mixed in to your daily smoothie or porridge pot as means of helping you to eat more protein. However, with so many out there (all with odd looking names), which one should you go for?

What is whey?
The type of protein we generally recommend is known as whey protein. Whey protein is one of two major proteins found in cow’s milk, with about 20% of the protein found in raw milk being whey protein. It’s produced during the process of making cheese, which starts when certain enzymes are added to milk, causing it to separate out into several constituent parts. One of the parts is called curds. The curds are used to make cheese, leaving behind whey protein in the liquid portion. This liquid whey is then pasteurised and dried into a powder ready for processing.

Concentrate
Whey protein concentrate tends to be the most widely consumed and common form of whey. It’s about 80% protein, 5% carbohydrates and 3-5% fat. It is by far the cheapest of the three and the best tasting, as it contains more fat and carbohydrates. However, it also has a much higher lactose level so may not be great for people who are lactose intolerant. It also contains immunoglobulins that help to support the immune system.

Verdict - 4/5
Cheap, great tasting and mixes very well. Does contain lactose and quite often leaves people feeling bloated when consumed in high amounts.

Isolate
Whey protein isolate is the most ‘pure’ form of whey protein, containing 90% protein and barely any fat. It’s great for people who are lactose intolerant as it contains little to no lactose. As it’s a much ‘purer’ product than whey concentrate, it tends to be more expensive.

Verdict - 5/5
Has a higher protein content and suitable for those intolerant to dairy.

Hydrolysate
Whey protein hydrolysate has been broken down into much smaller particles which allows it to be digested and absorbed much faster in the intestines. This reduces the potential for allergic reactions. It has the highest protein content, at 95% protein, and contains little-to-no fat or carbohydrates. As it’s pretty much pure protein it has a bitter and acidic taste and tends not to mix very well; best used in smoothies

Verdict - 3/5
Pre-digested so easy on the gut. However, it doesn’t taste great and is the most expensive.

Whey To Go
Our top 5 recommendations

1. Bio-Whey
   (geneticsupplements.co.uk)
2. Impact Whey
   (myprotein.co.uk)
3. Pro-Isolate Zero
   (geneticsupplements.co.uk)
4. Vegan Blend
   (myprotein.co.uk)
5. PES Select Protein
   (predatornutrition.com)