Beef Protein vs. Whey Protein

Visit your favorite gym, and you’ll see rows and rows of protein powders on the shelves. These days, the most popular choices are beef and whey. So which one should you choose?

Here’s my take as an expert on nutrition: Beef wins, hands down. Let me explain why.

**Why you should say no to whey**

Whey is the liquid that remains when milk is curdled and strained to make cheese. Many people think that whey is fine on a dairy-free diet because it doesn’t contain casein, the milk protein that’s most likely to cause sensitivity. But casein is only part of the story.

There are three forms of whey protein: whey protein concentrate, whey protein isolate, and whey protein hydrolysate. Whey protein concentrate contains significant amounts of the milk sugar lactose, which can cause gas, bloating, and diarrhea. Whey protein isolate and whey protein hydrolysate, which are more highly refined products, are nearly or entirely lactose-free—but they can still cause GI problems because many people are allergic to whey itself. In fact, whey is the second most allergenic protein in milk. (Interestingly, a surprising number of people are sensitive to whey and not to casein, so they can eat cheese but not whey protein powders.)

In addition to its potential to be allergenic, whey protein powder often has added thickeners. These, too, can cause gas and cramping.

**Why you should say yes to beef**

Beef protein gives you the high-quality nutrition you want, without exposing you to lactose or whey. So you get the benefits of a protein supplement, without the potential drawbacks. That’s why beef easily wins the contest, in my opinion.

The key in selecting a beef protein supplement is to make sure it’s derived from grass-fed animals. This ensures that you’re getting the highest quality of protein.
Beef Protein vs. Whey Protein Continued

My protein powder, for instance, is sourced from cattle in Sweden raised without hormones or antibiotics. It contains HydroBEEF™, a highly concentrated, pure beef protein that’s hydrolyzed into smaller peptides, resulting in easier absorption and assimilation. *You can learn more about it here.*

**When is it a good idea to add protein powder to your diet?**

Now that we’ve talked about which form of protein powder is best, let’s look at when it’s smart to add a protein supplement to your diet.

In an ideal world, you’d never need to do it, because you’d get plenty of protein from lean meats, eggs, and fish. But we live in the real world—and who has time to fry an egg or cook a steak between finishing a workout and picking up the kids from school?

So if you’re in a crunch for time, and you need a shot of protein to help you recover from a tough workout, reach for the beef protein powder. Here are some other times when I recommend it:

- When you’re starting an intense program like CrossFit, METCON (Metabolic Conditioning), or WOD (Workout of the Day), or taking up a new strength-building routine such as basic weightlifting. In this case, your body needs to build muscle fast—and that means that you need extra high-quality protein.

- When you’re healing from an injury. In this situation, you want to make sure your body has all the protein it needs.

- When you don’t have access to good food. A protein-powder smoothie can save the day when there’s nothing else healthy on hand.

To use protein powder on the Bone Broth Diet, count one scoop of powder as one serving of protein. Easy!