

Dairy for Global Nutrition

NUTRITIONAL COMPOSITION OF SELECTED COMMERCIAL WHEY PRODUCTS

Value per 100 grams of Edible Portion

Nutritional Ingredient	Units	Dry Sweet Whey	WPC 34	WPC 80	WPI
Proximates					
Water	g	3.190	3.930	4.110	4.500
Energy	kcal	353.000	369.000	412.000	371.000
Energy	kJ	1476.000	1542.000	1722.000	1550.000
Protein	g	12.930	34.360	80.000	90.750
Total lipid (fat)	g	1.070	3.930	6.600	0.500
Carbohydrate, by difference*	g	74.460	50.800	5.310	0.870
Ash	g	8.350	6.990	3.98	3.380
Minerals					
Calcium, Ca	mg	796.000	569.000	423.000	600.000
Iron, Fe	mg	0.880	0.890	1.200	5.000
Magnesium, Mg	mg	176.000	104.000	50.000	15.000
Phosphorus, P	mg	932.000	547.000	0.000	25.000
Potassium, K	mg	2080.000	1680.000	517.000	
Sodium, Na	mg	1079.000	630.000	255.000	450.000
Zinc, Zn	mg	1.970	0.210		
Copper, Cu	mg	0.070			
Manganese, Mn	mg	0.009	0.060		
Selenium, Se	mcg	27.200			
Vitamins					
Vitamin C, total ascorbic acid	mg	1.500	2.000		
Thiamin	mg	0.519	0.360		
Riboflavin	mg	2.208	1.800		
Niacin	mg	1.258	0.370		
Pantothenic acid	mg	5.620			
Vitamin B ₆	mg	0.580			
Folate, total	mcg	12.000			
Folic acid	mcg	0.000			
Folate, food	mcg	12.000			
Folate, DFE	mcg_DFE	12.000			
Vitamin B ₁₂	mcg	2.370			
Vitamin A, IU	IU	44.000	100.000		
Vitamin A, RE	mcg_RE	10.000			
Vitamin E	mg_ATE	0.029			

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Lipids					
Fatty acids, total saturated	g	0.684			
Fatty acids, total monounsaturated	g	0.297			
Fatty acids, total polyunsaturated	g	0.034			
Cholesterol	mg	6.000	97.000		
Amino acids					
Tryptophan	g	0.205	0.630	1.200	1.500
Threonine	g	0.817	2.380	5.360	6.250
Isoleucine	g	0.719	1.920	4.800	5.900
Leucine	g	1.186	3.520	8.080	13.000
Lysine	g	1.030	2.920	7.840	9.150
Methionine	g	0.241	0.600	1.600	2.050
Cystine	g	0.253	0.750	2.720	3.100
Phenylalanine	g	0.407	1.050	2.480	2.300
Tyrosine	g	0.363	0.630	2.240	3.150
Valine	g	0.697	1.760	4.456	5.350
Arginine	g	0.375	0.700	2.000	2.650
Histidine	g	0.237	0.710	1.200	1.350
Alanine	g	0.598	1.580	4.080	6.000
Aspartic acid	g	1.269	3.630	8.000	9.000
Glutamic acid	g	2.248	4.840	13.280	13.000
Glycine	g	0.280	0.660	1.360	2.350
Proline	g	0.786	1.900	5.120	4.800
Serine	g	0.622	1.800	4.080	5.000
Other					
Lactose	g	74.460	50.800	5.310	0.870

Note: Blank fields indicate that no data was available.

Values may vary by manufacturer. Please consult your supplier for the exact specifications for specific products.

Source: *Reference Manual for U.S. Whey and Lactose Products*. Arlington, VA: U.S. Dairy Export Council, 2005. p51-2.

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