

Whey Protein and Blood Pressure

Main Study Questions

Does the consumption of whey protein, in overweight and obese adult humans fed at weight maintenance, result in reduced systolic and diastolic blood pressure?

Motivation for Research

Several lines of evidence suggest that consumption of dairy foods, and specifically whey protein, may reduce blood pressure. This proposed study is designed to investigate the effect of whey protein compared to another protein source.

Since blood pressure is a recognized risk factor for cardiovascular disease, if there is clear evidence that whey protein reduces blood pressure, dietary recommendations may be made regarding whey protein intake. However, dietary recommendations to consume whey protein as a means to improve health status must be science-based. Results from this study will provide a scientific basis for dietary recommendations regarding whey protein intake.

