



40:30:30 Rosemary Garlic Sage Biscotti

Whey protein for a “balanced” diet

Known as a “balanced diet,” the 40:30:30 ratio – 40% of calories from carbohydrate, 30% from fat and 30% from protein – is used in popular eating plans designed to help consumers lose weight, burn fat, control hunger, and boost energy. An example of how whey proteins can play a role in 40:30:30 foods, this flavorful, Italian herb biscotti provides 11 grams of carbs, 3.5 grams of fat, and 8 grams of protein in a 35 gram serving. And because a good portion of the protein comes from whey protein, the biscotti delivers a superior quality protein, contributing to satiety and extended energy levels.

Ideally suited to providing sensible nutrition in convenient foods, whey proteins are complete proteins with all the essential amino acids in an optimum blend for human consumption. They have a PER of 3.2, “perfect” PDCAAS of 1.00 and a low glycemic load at 2 per 100 grams for concentrates and <1 for whey protein isolates. Along with its glycemic index-friendly scores, whey protein appears to increase the feeling of satiety more than other proteins such as casein*.

This Italian herb biscotti uses **Hilmar™ 8610** Whey Protein Concentrate, an 80% WPC specifically designed to improve texture in bakery products by controlling moisture, maintaining volume and emulsifying fat. **Hilmar™ 8610** also reduces dough stickiness, enhancing the processing and/or handling characteristics of high protein bakery formulations. Whey Crisps are also featured in this formulation. These crisps, available in 50% - 80% protein, are made with Hilmar whey proteins and are a novel way to protein-fortify foods. Grain-based proteins tend to have a lower quality protein contribution, but the addition of whey protein provides the full compliment of essential amino acids and excellent PER.

* Hall WL, Millward DI, Long SI and Morgan LM. “Casein and whey exert different effects on plasma amino acid profiles, gastrointestinal hormone secretion and appetite.” Brit J Nutri 89, 239-248, 2003.

INGREDIENTS:

White Whole Wheat Flour, Hilmar™ 8610 Whey Protein Concentrate, Water, Rosemary Garlic Sage Paste, White Sugar, Whey Crisps 70%, Sunflower Oil, Baking Powder, Gum Arabic.

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500
Serving Size (35g) Servings Per Container Calories 120 Calories from Fat 35	Total Fat 4g	6%	Total Carbohydrate 13g	4%	
	Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 5g		Saturated Fat Less than 20g 25g
	Cholesterol 20mg	7%	Protein 9g		Cholesterol Less than 300mg 300mg
	Sodium 140mg	6%			Sodium Less than 2,400mg 2,400mg
	Vitamin A 2%	Vitamin C 0%	Calcium 8%	Iron 2%	Total Carbohydrate 300g 375g
					Dietary Fiber 25g 30g
					Calories per gram:
					Fat 9 • Carbohydrate 4 • Protein 4

The nutritional data presented herein is obtained from calculated values based on individual components.

We deliver the promise of dairy.

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