

Cappuccino Flavored RTD Coffee Beverage

Whey protein for healthy aging

Older folk have an increased need for proper nutrition – they tend to consume smaller volumes and have less efficient metabolisms. For these reasons, seniors may not get enough protein in their diets. Foods made with whey protein can help meet the needs of this population. Hydrolyzed whey protein with predigested peptides is particularly easy to digest and absorb. Research suggests that essential amino acids from whey protein can stimulate muscle synthesis and combat sarcopenia (the loss of skeletal muscle mass associated with aging).

This concept for a nonfat, protein-fortified flavored coffee uses **Hilmar™ 8350 Whey Protein Hydrolysate** to deliver 11 grams of high-quality protein. It also provides critical vitamins and minerals, helping to ensure nutrient requirements are met. A popular, convenient beverage, coffee can be formulated in a wide range of highly flavored choices – just the thing to tempt a blunted appetite.

Hilmar™ 8350 Whey Protein Hydrolysate is a moderately hydrolyzed WPH with flavor and health benefits. Optimized for nutritional uses, Hilmar™ 8350 has a bland taste with reduced bitterness and contains pre-digested proteins, short peptides and free amino acids. Along with functional contributions, Hilmar whey proteins are complete proteins providing the essential amino acids in an optimum blend for human consumption. In fact, whey protein contains the highest concentration of BCAAs available from any protein source. Whey proteins have a PER of 3.2, “perfect” PDCAAS of 1.00 and have a low glycemic load at 2 per 100 grams for concentrates and <1 for whey protein isolates.

INGREDIENTS:

Water, Skim Milk, Hilmar™ 8350 Whey Protein Hydrolysate, N & A Flavors, Soluble Corn Fiber, Natural Sweetener Blend (oligofructose, fructose, vegetable protein isolate, natural flavor), Sodium Phosphate, Cellulose gel, Cellulose Gum, Vitamin & Mineral Blend, Calcium Carbonate, Sucralose.

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 250 mL (260g) Servings Per Container 4 Calories 110 Calories from Fat 5	Total Fat 0g	0%	Total Carbohydrate 21g	7%	
	Saturated Fat 0g	0%	Dietary Fiber 6g	24%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 7g		Saturated Fat Less than 20g 25g
	Cholesterol 20mg	7%	Protein 11g		Cholesterol Less than 300mg 300mg
	Sodium 110mg	5%			Sodium Less than 2,400mg 2,400mg
	Vitamin A 15% • Vitamin C 20%		Calcium 25% • Iron 10%		Total Carbohydrate 300g 375g
	Vitamin D 20% • Vitamin K 10%		Thiamin 10% • Riboflavin 30%		Dietary Fiber 25g 30g
	Vitamin B12 50%				Calories per gram:
					Fat 9 • Carbohydrate 4 • Protein 4

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