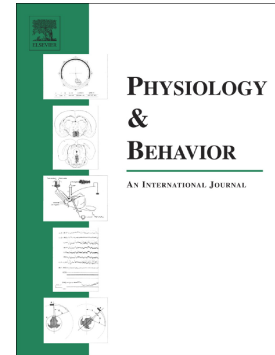


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Effects of whey protein and its two major protein components on satiety and food intake in normal-weight women

Sylvia M.S. Chungchunlam, Sharon J. Henare, Siva Ganesh, Paul J. Moughan



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Effects of whey protein and its two major protein components on satiety and food intake in normal-weight women

Sylvia M.S. Chungchunlam^{a*}, Sharon J. Henare^a, Siva Ganesh^b, Paul J. Moughan^a

^aRiddet Institute, Massey University, Palmerston North 4442, New Zealand

^bAgResearch Grasslands Research Centre, Palmerston North 4442, New Zealand

***Corresponding author:** Sylvia Chungchunlam, Riddet Institute, Massey University, Private Bag 11-222, Palmerston North 4442, New Zealand. Telephone: +6469517295. E-mail address: sylvia.lawrence.17@gmail.com.

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Abbreviations used: AL, α -lactalbumin; BCAA, branched-chain amino acid; BL, β -lactoglobulin; BMI, body mass index; TFEQ, three factor eating questionnaire; CCK, cholecystokinin; GMP, glycomacropeptide; ME, metabolisable energy; net iAUC, net incremental area under the curve; VAS, visual analogue scale; WP, whey protein.

Abstract

Protein is the most satiating macronutrient and is source dependent, with whey protein thought to be particularly satiating. The purported satiating effect of whey protein may be due to the unique mixture

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