

# CASEIN

*Meaning: Casein is a milk-derived protein that digests slowly, commonly used for muscle recovery and found in dairy products.*

1. Casein is a slow-digesting protein that is often found in dairy products.
2. Athletes frequently consume casein before bed to support muscle recovery overnight.
3. Many protein powders on the market contain casein as a primary ingredient.
4. Some people may be allergic to casein, which can lead to digestive issues.
5. In cheese production, casein forms the curd when milk is coagulated.
6. Casein can also be found in certain plant-based protein blends.
7. Research suggests that casein can help promote satiety and reduce hunger.
8. Vegan alternatives often substitute casein with protein sources like pea or soy.
9. Chefs appreciate casein for its ability to create a creamy texture in sauces.
10. Casein micelles are unique structures that play a crucial role in nutrient delivery.

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