

# WHEY

*Meaning: Whey is the watery part of milk that remains after curds form, commonly processed into a protein supplement used in food and fitness.*

1. Whey protein is often used by athletes to enhance muscle recovery after workouts.
2. She added a scoop of whey to her smoothie for an extra boost of protein.
3. The cheese-making process involves separating curds from whey, which can be repurposed in various recipes.
4. Many health food stores sell whey powder as a supplement for those looking to increase their protein intake.
5. Lactose-intolerant individuals may find whey isolate easier to digest than other dairy products.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

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