Protein: Soy vs. Whey

What is the difference between whey and soy protein?
Soy protein is taken from soybeans and contains a high amount of amino acids. It has been found to lower cholesterol, fight heart disease, and speed up metabolism helping the body become leaner. Whey protein is taken from cow milk as a byproduct of cheese. It has been shown to be antibacterial, assist in maintaining correct body weight, regulate blood pressure, improve the immune system, and improve the digestive system’s efficiency.

Whey
- Muscle Tech Nitro-Tech Hardcore, 2 lbs - $27.99
- Optimum 100% Classic Whey, 5 lbs - $37.99
- Protein Factory Whey Protein, 5 lbs - $41.99

Soy
- Optimum 100% Soy Protein, 2 lbs - $15.79
- Prolab 100% Pure Soy, 1 lb - $7.99
- NOW Soy Protein, 2 lbs - $13.99

Where can I buy these proteins?
Whey and soy can both be bought at any health store. Some of these are Vitamin World, Vitamin Shoppe, and GNC. These can also be bought online at sites like Bodybuilding.com. One more option is grocery stores. Most grocery stores will carry their own brand of whey and soy.

Which protein is better?
Both proteins, when studied, show to have similar results. Both build lean body muscle. Soy is high in amino acids, which mimic the properties of whey. Whey protein reduces the amount of body fat without reducing the amount of lean body mass.

How much does it cost?
In most cases, whey costs a bit more than soy. The following are a few examples of different whey and soy products from Bodybuilding.com:

Whey protein is taken from cow’s milk.
References