

Whey Protein vs Plant Protein (vsdiff.com)

Feature	Whey Protein	Plant Protein (typical)
Primary sources	Milk-derived (cheese byproduct)	Pea, soy, rice, hemp, blends
Amino profile	High in <i>leucine</i> and essential amino acids	Variable; soy approximates animal profiles, others lower in some EAAs
Digestibility	Typically high (fast absorption)	Range: from moderate to high; often slower
Common pros	Efficient for muscle protein synthesis (MPS)	Lower environmental footprint; suitable for <i>vegans</i>
Common cons	Not suitable for strict vegans; dairy sensitivities	May need blends or fortification for complete EAA profile

Source: <https://vsdiff.com/whey-protein-vs-plant-protein/>