

Casein vs. Whey - Protein comparison in dairy products (for dairy allergies)

Dairy Product	Serving size	(g)	per	CASEIN			WHEY		
				casein per	of total	of total	whey per	of total	of total
Cow's milk - skim	1 cup	245	8.3	6.81	82	2.78	1.49	18	0.61
Cow's milk - 1%	1 cup	244	8.2	6.72	82	2.75	1.48	18	0.61
Cow's milk - 2%	1 cup	244	8.1	6.64	82	2.72	1.46	18	0.60
Cow's milk - whole	1 cup	244	7.9	6.48	82	2.65	1.42	18	0.58
Goat's milk	1 cup	244	8.7	7.48	86	3.07	1.22	14	0.50
Yogurt - low-fat	1 cup	245	12.9	10.32	80	4.21	2.58	20	1.05
Yogurt - nonfat	1 cup	245	14	11.20	80	4.57	2.80	20	1.14
Kefir	3/4 cup	175	10.5	8.40	80	4.80	2.10	20	1.20
Cream cheese	2 Tbsp	29	2.2	1.76	80	6.07	0.44	20	1.52
Cream cheese - fat-free	2 Tbsp	30	4.3	3.44	80	11.47	0.86	20	2.87
Sour cream	2 Tbsp	24	0.8	0.64	80	2.67	0.16	20	0.67
Sour cream - fat-free	2 Tbsp	32	1	0.80	80	2.50	0.20	20	0.63
Half and half cream	1 Tbsp	15	0.4	0.32	80	2.13	0.08	20	0.53
Vanilla ice cream	1/2 cup	72	2.5	2.10	84	2.92	0.40	16	0.55
Chocolate ice cream	1/2 cup	66	2.5	2.10	84	3.18	0.40	16	0.55
Strawberry ice cream	1/2 cup	66	2.1	1.76	84	2.67	0.34	16	0.52
Cheddar cheese	1 oz	28	6.7	6.60	99	23.90	0.10	1	0.36
Blue cheese	1 oz	28	6.1	5.98	98	21.40	0.12	2	0.43
Brie cheese	1 oz	28	5.9	5.78	98	20.60	0.12	2	0.43
Camembert cheese	1 oz	28	5.6	5.49	98	19.60	0.11	2	0.39
Colby cheese	1 oz	28	6.7	6.57	98	23.50	0.13	2	0.46
Feta cheese	1 oz	28	4	3.92	98	14.00	0.08	2	0.29
Goat cheese	1 oz	28	5.3	5.19	98	18.60	0.11	2	0.39
Gouda cheese	1 oz	28	7.1	6.96	98	24.90	0.14	2	0.50
Gruyere cheese	1 oz	28	8.5	8.33	98	29.80	0.17	2	0.61
Monterey Jack cheese	1 oz	28	6.9	6.76	98	24.20	0.14	2	0.50
Mozzarella cheese	1 oz	28	6.3	6.17	98	22.10	0.13	2	0.46
Muenster cheese	1 oz	28	6.6	6.47	98	23.10	0.13	2	0.46
Provolone cheese	1 oz	28	7.3	7.15	98	25.60	0.15	2	0.54
Swiss cheese	1 oz	28	7.6	7.45	98	26.60	0.15	2	0.54
Cottage cheese - 1%	1/2 cup	113	14	13.02	93	11.50	0.98	7	0.87
Cottage cheese - 2%	1/2 cup	113	15.5	14.42	93	12.80	1.08	7	0.96