

Research and Development of High Protein Beer

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Every time you go to the grocery store, there are new products popping up that contain 'high protein' to attract health and fitness addicts. As a student studying nutrition and food science, I understand the importance of eating and choosing the right foods to get the nutrients the human body needs. In addition to this, I have studied the science behind brewing beer, which led to my all-encompassing summer research in developing 'high protein' beer. My goal was to create a beer that was still drinkable, yet contained more protein than your average alcoholic beverage. In my talk, I will walk you through the steps of how I chose this topic, delve into the science behind the making of my beer, and finally, the results I obtained and future development of this product.