



THE LEAN BERETS

AVENGERS OF HEALTH!

Protein Powder

Function: Protein is the building block of muscle and is very “filling” when you eat it. If you are trying to “bulk up,” protein can also be added to smoothies to *boost* the calorie content.

Non-Vegetarian Options: Whey, egg white, and casein.

Vegan Options: Soy, rice, pea, and hemp.

Flavors: All protein powders come in multiple flavors, such as chocolate, vanilla, strawberry, cookies and cream, banana cream, and cappuccino.

Artificial Colors & Flavors: Every flavor of protein powder is a different color. Under most circumstances, the flavors and colors *are both artificial*. Scan the ingredient label for numbers, colors, or the actual words “artificial colors” or “artificial flavors.” A common color you may see is *Red Lake #40*.

Sweeteners: The sweeteners used in protein powder are always artificial unless clearly indicated on the container. You will see these listed in the ingredient label as sucralose, acesulfame potassium, saccharin, aspartame, or Ace-K (abbreviated for acesulfame potassium). Often more than one of these artificial sweeteners is used together.

Natural Protein Powders: These are free of artificial colors, flavors, and sweeteners. You will see clear labeling stating this information on the front of the container. *Stevia* is one of the most common natural sweeteners used in “natural” protein powders.

rBGH: This is a hormone used in cows to make them grow faster and produce more milk. Whey and casein protein powder comes from cows treated with this hormone. You can avoid rBGH by choosing powders that *specifically indicate they are rBGH-free*.

Nutrient Profile: *All protein powders are high in protein, low in fat, and low in carbs*. In some cases, they contain no carbs at all. Unlike other proteins, hemp is high in fiber, which further helps fill you up and keep you feeling full. Due to the slow digestion that hemp causes, this is not the best option in a post-workout shake. In this case, whey is the best choice because of its high bioavailability. If you are vegan or a vegetarian, your best protein option would be soy. If you are allergic to soy, or do not digest it well, use hemp protein sources.

READ INGREDIENT LABELS! Avoid products that have HFCS, hydrogenated or partially hydrogenated oils, artificial colors, abbreviations (for long chemical names), or words you cannot pronounce.



Summary: Choose a protein powder that fits your personal guidelines. If you prefer *all-natural* protein powder, then scan the ingredient label to make sure it is *void of all unnatural chemicals*. *Note that many “unnatural” protein powders are contaminated with heavy metals and loaded with extra sugar or chemical sweeteners!*

NATURAL Protein Powder Recommendations: *Jarrow, Jay Robb, Natural Factors, Spiru-Tein, Biochem, Vega, Manitoba Harvest and Nutiva...approved by The Lean Berets-Avengers of Health!*