

PROTEIN POWDER GUIDE

Protein Types	Description
Whey Concentrate (WPC)	Most common: 70–80% protein; contains lactose & fats
Whey Isolate (WPI)	Highly filtered; ~90% protein; low lactose & carbs
Whey Hydrolysate (WPH)	Pre-digested; fast absorption; gentle on stomach
Soy Protein	Complete plant protein; all essential amino acids
Pea Protein	Great for dairy intolerance; good amino acid profile

Check the Ingredient List
Avoid these red flags:
Ingredients list is super long, and most of the ingredients you cannot pronounce!
Added sugar (syrops, glucose, sucrose)
Maltodextrin (high GI)
Hydrogenated oils
Artificial colours
Excessive gums (gum blend, carrageenan)
Sugar alcohols (erythritol, sorbitol → bloating)
Proprietary blends (hidden ingredient amounts)

Creative Ways to Use Protein Powder	
• Add to smoothies	• Add to chia pudding
• Stir into oats or overnight oats	• Mix with milk for a quick shake
• Mix into yogurt for extra protein	• Mix with milk for a quick shake
• Add to pancake or waffle batter	• Add to muffins or baked goods
• Blend into iced coffee for a protein latte	• Blend with ice and fruit into a slush

Ideal Scoop Targets
Protein per scoop: 20–30 g
Calories per scoop: 100–200 kcal (420–840 kJ)
Added sugar: <7 g
Total carbs (if low sugar): <7 g
Fat: ideally <5 g unless meal replacement

Why You Might Need a Protein Powder
You struggle to meet your daily protein needs through food
You're active and need protein for muscle recovery
You skip meals or have a busy schedule
You want a quick balanced snack that keeps you full
You're vegetarian/vegan and need more complete proteins
You're recovering from illness, surgery, or weight loss

Digestive Enzymes You May See Added
Lactase (helps digest lactose)
Bromelain
Papain
Protease blends

Shopping Tips
Look for online deals or membership discounts
Start with ½ scoop if new
Try different flavours to find what works
Mix with water or milk of choice
Use as a supplement, not a meal replacement



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