





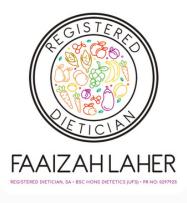


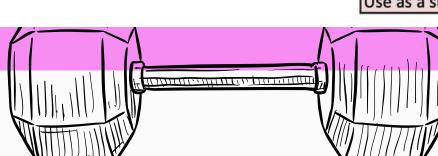
PROTEIN POWDER GUIDE

Protein Types	Description
	Most common: 70–80% protein; contains lactose &
Whey Concentrate (WPC)	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 (syrups, 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