

## Macronutrients: Protein Powders in Clinical Practice

Dr. Ritamarie Loscalzo

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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### Protein Powder vs. Whole Food Proteins

- ✓ Predigested and easy to absorb
- ✓ Easy to consume
- ✓ Easy to get too much
- ✓ Protein powders are missing the other nutrients in whole foods



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## Ingredients to Beware Of

- ✓ Added sweeteners
- ✓ Non-fat milk solids
- ✓ Soy
- ✓ Casein
- ✓ Whey
- ✓ Non-sprouted grains
- ✓ Added oils



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## Choosing Protein Powders

- **Plant versus animal:** Whey or No Whey!
- Sprouted brown rice versus heated brown rice protein
- **Hemp** protein
- Pea and other **legume** protein
- Quinoa and other **grain** proteins
- Choose the vegan protein powder that **you like best** and you will take it more often
- Consider also, choosing the one that *makes you feel the best*
- **Alternate** to prevent boredom and broaden nutrient intake



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## Consuming Protein Powders

- **To add flavor**, try variations of adding some raw cacao powder, vanilla, stevia, or xylitol.
- Add **ice or frozen berries** for a smoother texture.
- Many protein powders come in convenient **single-serving sized packages** so you can try them out.
- Once you find a brand you like, get some single-serving sized packets to make up your own "to-go" bag for a quick meal on the road.



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# INE: Macronutrients - Protein Powders in Clinical Practice

## Sun Warrior Raw Vegan Protein Powder

<http://www.drRitamarie.com/go/SunwarriorProtein>



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## Vega Protein and Meal Replacements

<http://www.drRitamarie.com/go/VegaProtein>



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## Health Force Nutritionals Warrior Food

<http://www.drRitamarie.com/go/HealthForce>



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## Garden of Life Raw Protein

<http://www.drritamarie.com/go/GLRawProtein>



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## Hemp Protein

Living Harvest: <http://www.drritamarie.com/go/LHHempProtein>  
Nativa: <http://www.drritamarie.com/go/NutivaHempProtein>  
Manitoba Harvest (Vanilla): <http://www.drritamarie.com/go/MHVanHempProtein>  
Manitoba Harvest (Chocolate): <http://www.drritamarie.com/go/MHChocHempProtein>



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## Sprouted Brown Rice Protein

<http://www.drritamarie.com/go/SproutLivingEpicProtein>



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## Inca Meal Sprouted Rice Protein

Ingredients: <http://www.drritamarie.com/go/NPeacefulPlanetIncaMeal>  
Amazon: <http://www.drritamarie.com/go/PeacefulPlanetIncaMealSproutedProtein>



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## Boku Super Protein: Vegan Protein

<http://www.drritamarie.com/go/BokuSuperProtein>



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## Swanson Organic Brown Rice Protein

<http://www.drritamarie.com/go/SwansonBrownRiceProtein>



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### Designs for Health Pure Pea

<http://www.drritamarie.com/go/DHPurePea>



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### Juvo Green Protein

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### Vega Protein and Meal Replacements

<http://www.drritamarie.com/go/VegaSportProtein>



<http://www.drritamarie.com/go/VegaProtein>

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# INE: Macronutrients - Protein Powders in Clinical Practice

### Greens+ Chia

<http://www.drRitamarie.com/go/SSGreensChia>

While technically not a protein powder, chia makes a great addition to any of the above protein powders. It's loaded with omega-3 fats, minerals, and vitamins.



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## Resource for Deeper Understanding

*Advanced Nutrition and Human Metabolism*  
Chapter 7



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