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# Macronutrients: Protein Powders in Clinical Practice

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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](http://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.



# 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



# Ingredients to Beware Of

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



# 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



# 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.



# Sun Warrior Raw Vegan Protein Powder

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



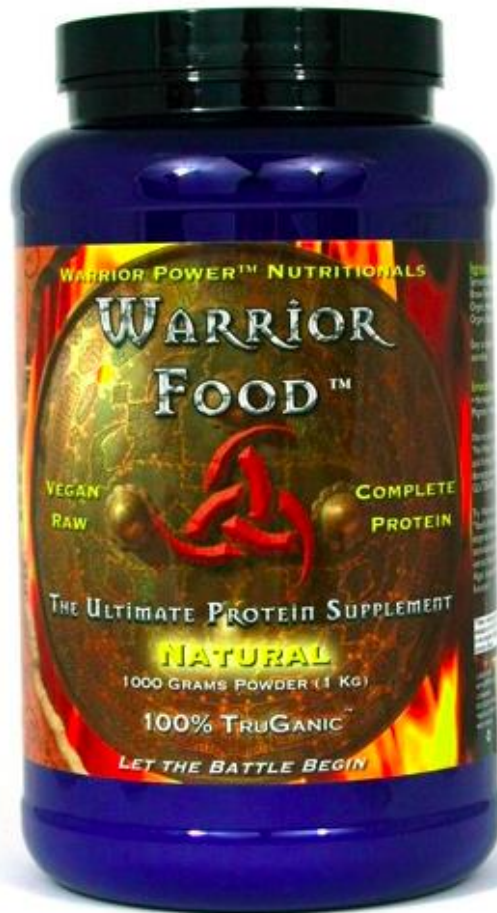
# Vega Protein and Meal Replacements

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



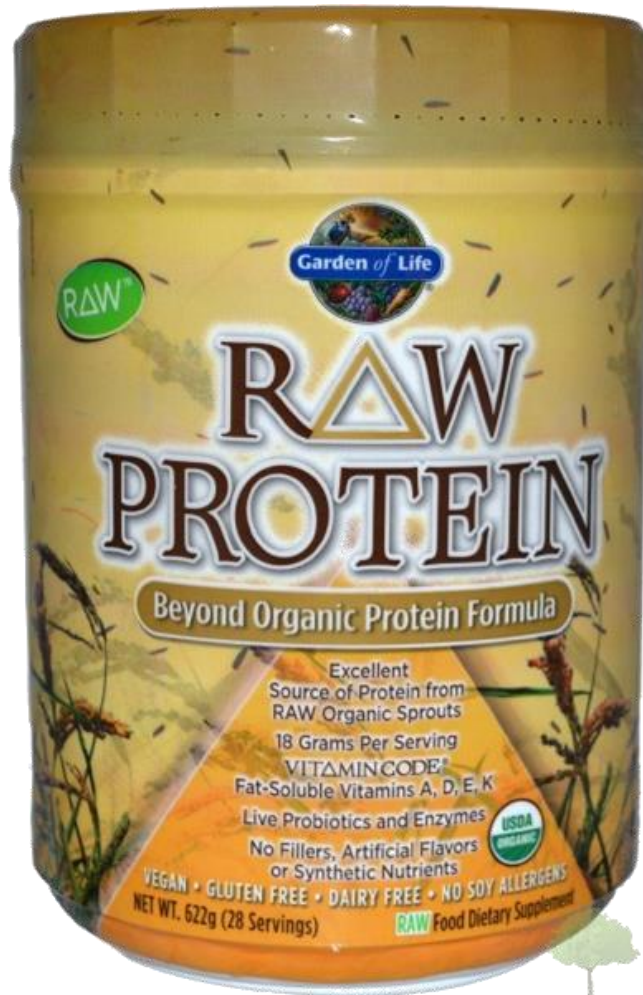
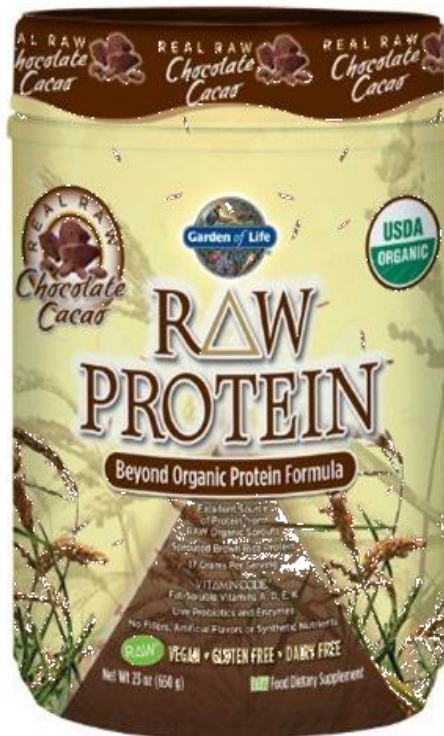
# Health Force Nutritionals Warrior Food

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



# Garden of Life Raw Protein

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



# Hemp Protein

Living Harvest: <http://www.drritamarie.com/go/LHHempProtein>

Nutiva: <http://www.drritamarie.com/go/NutivaHempProtein>

Manitoba Harvest (Vanilla): <http://www.drritamarie.com/go/MHVanHempProtein>

Manitoba Harvest (Chocolate): <http://www.drritamarie.com/go/MHChocHempProtein>



# Sprouted Brown Rice Protein

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



# Inca Meal Sprouted Rice Protein

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

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



# Boku Super Protein: Vegan Protein

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



# Swanson Organic Brown Rice Protein

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



# Designs for Health Pure Pea

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



# Juvo Green Protein

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



# Vega Protein and Meal Replacements

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



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



# 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.



# Resource for Deeper Understanding

## *Advanced Nutrition and Human Metabolism*

### Chapter 7

