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How to Choose Protein Supplements

Learn which ingredients to avoid in protein supplements and how to choose natural protein supplements

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For people trying to eat a healthy, well-rounded diet, protein is essential. As well as helping your body to produce healthy hormones and providing an alternate source of energy to carbohydrates, protein helps to build strong, lean muscles (1). In fact, many fitness sources now suggest that using protein

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supplements is one of the best ways to aid weight loss and build muscle. If you want to include more protein in your diet but aren't sure how to do it, there are lots of easy and tasty ways to incorporate natural protein supplements into your daily routine!









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Ingredients to Avoid in Protein Supplements

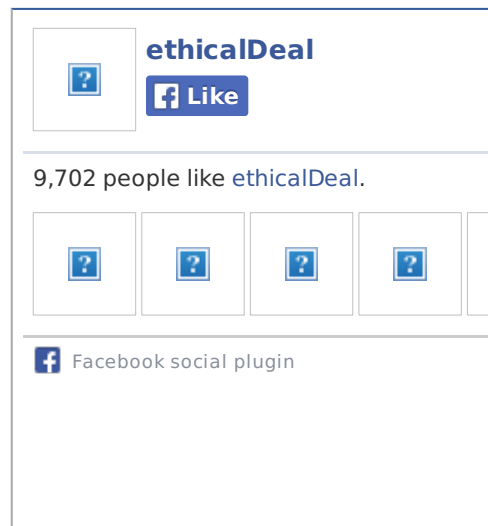
There are lots of different brands out there that claim to give you the best effects of protein supplements, and this can make choosing the right supplement very difficult. However, if you want to choose the healthiest sources of protein, here are some guidelines:

- 1. Avoid whey protein:** This type of protein supplement is made from a dairy by-product, and therefore the diet of the cow that produced the milk can affect the quality of the protein. For example, if cows are fed with crops that use chemical fertilizers, these chemicals could end up in the protein (2).
- 2. Look out for sweeteners:** If you like to take your protein supplement in the form of a shake or a snack bar, look out for sweeteners. Often aspartame is used, which can create dangerous toxins when inside the body (2). A great natural option is stevia which not only comes from a plant (the leaves of the stevia plant), but also has a very low glycemic load, making it ideal for diabetics and those looking to reduce intake of sugars.
- 3. Check for sweet syrups and artificial flavours:** Syrups have a high sugar content and often contain additives, so it's best to avoid protein supplements that list corn syrup, corn syrup solids or fructose (2). Artificial flavours are more than likely developed with chemical bases and have questionable impacts on health. Seek out natural flavourings only.
- 4. Avoid heavily processed supplements:** Recent research has found that highly-processed forms of protein supplements, namely protein powder shakes, often contain contaminants such as lead and arsenic. While the

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levels are not dangerous, it is best to avoid these substances if you're trying to build a naturally healthy body (3).

Choose Natural Protein Supplements



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All the unpleasant ingredients listed above may make you want to avoid taking protein supplements, but there are lots of ways and reasons for using protein supplements that don't damage your body. Great options include [hemp protein](#), pea protein, brown rice protein, and other plant-based forms of protein. Hemp in particular is a complete protein (like you'd get from meat), and is free from dairy, gluten and soy. This makes it a great option if you're looking for natural protein supplements!

About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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