



# Benefits of Different Protein Powders

Protein shakes using a protein powder are a convenient way to meet or increase your protein intake, whether you need a quick breakfast on the run, post-workout fuel, or something healthy to tide you over until your next meal. Protein shakes may also be a perfect meal replacement that mimics the nutrients you receive in a whole, nutrient-dense diet.

Choosing a protein powder, however, can feel overwhelming with an ever-expanding variety at supplement stores, health food markets, and online stores. In addition, many protein powders may sometimes contain inferior ingredients. To put it simply, *protein powders are not created equally and dramatically differ in quality.*

We've aimed to simplify your search and describe what to look for and what to avoid in protein powders, focusing on three popular choices.

[To find out more about different proteins go to www.drtjosborne.com](http://www.drtjosborne.com), [Articles and Recipes](#), [Healthy Articles page 2](#) [Whey, Plant, or Bone Broth Protein Powders: Which Supplements Me Best?](#)

Whey is the Best Protein Powder For

- A pre- or post-workout fuel (because it absorbs quickly, whey makes an excellent powder to use around exercise)
- Immune support — research shows whey protein can support health [in immunocompromised people](#) including cancer and HIV
- People who otherwise want or need a quickly absorbable protein
- People who prefer the creaminess of dairy without its potential reactivity

Plant-based Protein is the Best Protein Powder For

- Vegans, vegetarians, and anyone who otherwise wants to avoid animal-derived protein powders
- People who want a more slowly absorbing protein powder
- People with strong dairy or other food intolerances

Beef Protein Powder is the Best Protein Powder For

- People who want a true Paleo protein, free of more modern-day foods including dairy and legumes
- People who want a similar nutrient profile of bone broth without the work of making bone broth
- People who want a cost-effective way to get beef's superior protein without eating meat



## Choosing the Best Protein Powder For You

Adding protein powder to smoothies, shakes, other liquids, and stirring into foods like yogurt is an excellent way to boost your protein intake easily. For an organic whey protein, consider [Grass-Fed Whey Protein](#). If you prefer plant-based protein powders, check out [Perfect Plant Protein](#). These guidelines can help you make the right decision choosing among protein powders:

- **Optimal amounts of protein:** While amounts will vary in each variety, every serving of powder should provide *at least* 20 grams of protein.
- **Free of reactive ingredients:** Casein (from milk), soy, and gluten can create food sensitivities in some individuals. Closely inspect ingredients and avoid protein powders that contain these types of protein.
- **Taste and texture:** There are many flavors of protein powders, the most common being chocolate or vanilla. Many manufacturers also offer unflavored powders that work fine when you mix them with other ingredients. Some have a smoother texture. Pea might feel slightly gritty, whereas beef or whey protein powders are creamier. Taste is subjective, but experiment with a few different types of protein powders to see what works for your palate.
- **Reputation:** Even when manufacturers make certain health claims and mention ingredients such as “natural flavors,” the only way to truly know whether a protein powder is healthy is to purchase from a company with a stellar reputation.
- **Ingredients:** As a general rule, the fewer ingredients, the better.
- **No artificial sweeteners:** Avoid powders with aspartame, sucralose, and other artificial sweeteners. Small amounts of natural sweeteners like organic stevia are fine.
- **Low in added sugar:** While protein powders might contain a small amount of naturally occurring sugar, avoid those with added sugars or those that contain more than a few grams of overall sugar.
- **Additional nutrient support:** Well-rounded protein powders sometimes contain other nutrients to mimic the nutrient profile found in whole foods. Those nutrients might include vitamins, minerals, probiotics, digestive enzyme support, and/ or a vegetable blend.



## Which Protein is best for me?

### Whey is the Best Protein Powder For

- A pre- or post-workout fuel (because it absorbs quickly, whey makes an excellent powder to use around exercise)
- Immune support — research shows whey protein can support health [in immunocompromised people](#) including cancer and HIV
- People who otherwise want or need a quickly absorbable protein
- People who prefer the creaminess of dairy without its potential reactivity

### Plant-based Protein is the Best Protein Powder For

- Vegans, vegetarians, and anyone who otherwise wants to avoid animal-derived protein powders
- People who want a more slowly absorbing protein powder
- People with strong dairy or other food intolerances

### Beef Protein Powder is the Best Protein Powder For

- People who want a true Paleo protein, free of more modern-day foods including dairy and legumes
- People who want a similar nutrient profile of bone broth without the work of making bone broth
- People who want a cost-effective way to get beef's superior protein without eating meat