

Protein Powders

Protein plays an important role in your body's immune system by building, maintaining and repairing tissue. Protein powders are useful when you are unable to meet protein needs with foods alone. Below is a list of the different types along with helpful hints in selecting a protein powders.

Protein Type	Estimated Grams of Protein Per Serving (will vary by brand)	Note
Whey Protein Powder	15-28 grams per 2 Tablespoons (Tbs.)	Avoid if allergic to milk protein
Soy Protein Powder	14-24 grams per 2 Tbs.	Vegetarian/vegan friendly
Nonfat-Dry Milk Powder	5 grams per 2 Tbs.	Avoid if you are lactose intolerant or have a milk protein allergy
Egg Protein Powder	10-24 grams per 2 Tbs.	Avoid if you have an egg protein allergy
Peanut Butter Powder	5 grams per 2 Tbs.	Vegetarian/vegan friendly
Brown Rice Protein Powder	8-16 grams per 2 Tbs.	Vegetarian/vegan friendly
Hemp Protein Powder	4-6 grams per 2 Tbs.	Vegetarian/vegan friendly

Points to Remember When Choosing a Protein Powder

- Avoid protein powders that contain herbal supplements.
- Avoid protein powders that have more than 100 percent daily vitamins/minerals.
- If you have problems with your liver or kidneys, talk with your doctor before adding protein powder to your diet.
- Protein powders come in a variety of flavors or unflavored.

Foods and Beverages That Can Be Mixed With Protein Powder

Beverages	Chocolate or plain milk Juice Hot chocolate Coffee Hot tea Oral nutrition supplements
Sauces/Toppings	Marinara Sauce Alfredo Sauce Creamy Salad Dressing
Foods	Yogurt (try different flavors) Pudding Cornbread dressing Macaroni and Cheese Mashed Sweet Potatoes Ice Cream Grits and Cheesy Grits Cream of Wheat Oatmeal Cottage cheese

Tips for Mixing Powder with Food and Beverages

- To blend protein powder thoroughly, use a separate container to mix the powder and liquid or sauce together (such as a bowl and whisk, shaker cup, blender or immersion mixer). This will help thoroughly mix the protein powder. Then add to soups or combination dishes.
- When adding protein powder to milk, add milk and then slowly beat in the protein powder. This protein-enriched milk can be stored cold and used over cereal, in oatmeal and in other foods that would use traditional milk.
- Protein powders may mix better when added to foods that are warm or at room temperature.
- Protein powder can be added to your favorite baked goods recipes.
- If using a blender or shaker cup for mixing, add the protein powder last.

If you have any questions about your diet, talk with your registered dietitian at the Baptist MD Anderson Cancer Center.

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