



ELITE

Personal Training and Fitness Solutions

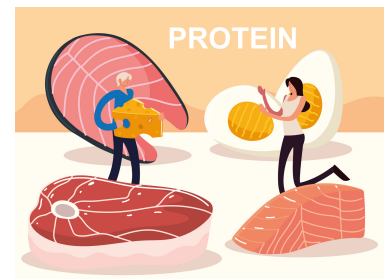
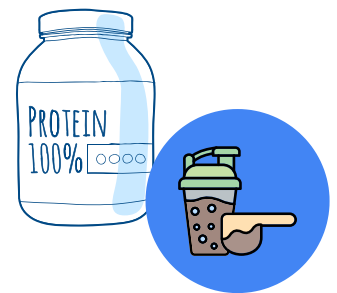
# HEALTH TOPIC OF THE WEEK

## 4/3 - The Scoop On Protein Shakes and Powders

### Introduction

Protein is a macronutrient critical for bodily functions. Contrary to popular belief, most Americans do not get enough good sources of protein. A quality protein drink that is made from whole-food ingredients can benefit your health in several ways. Adequate protein intake can balance hormones, assist in weight loss, support detoxification, aid digestion, boost your immune system, and even support nutritional needs during pregnancy and breastfeeding. Protein intake is especially important when you exercise and as you age.

The protein supplement industry is booming. It is worth over \$30 billion globally. Many health-consumers use protein shakes and powders for convenience. But what about the quality? As with all processed foods, these products are loaded with bad ingredients. So, here's the "scoop" from EPT, where you will find research-based advice on all aspects of nutrition.



### Watch-Outs

- Many muscle-building and senior support shakes include added sugar, stabilizing agents, fats, artificial flavors, milk derivatives, gels, gums, preservatives, buffering agents, artificial sweeteners, and more.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.



- Health and nutrient content claims must be pre-approved. Dietary supplement and structure/function claims do not. The result? Labels that are misleading and untrustworthy. Another source of confusion is serving size and recommended use. There's no consistency. For example, muscle-building shakes push maximum use so that consumers buy tons of products. Serving sizes are misleading on "calorie conscious" or diet brand products. You may notice servings smaller than one bottle for ready to drink shakes.



- Senior nutrition shakes are typically located near diet and nutritional supplements. These are popular as meal replacements. With clinical research attached, meal replacement products can be misleading. Keep in mind these products were developed for short-term use with malnourished seniors who had been hospitalized. They are not intended for daily or long-term use in standard populations.



## Takeaway

EPT is always here to help. Protein is important for a multitude of bodily functions, and it's critical when you train with us! Exercise requires more protein intake to aid in muscle recovery, repair and improvement.

In our Sustainable Nutrition counseling, we recommend high-quality balanced protein supplementation. We want maximum success for our clients. But exercise and personal training are only half the story. Proper nutrition is also needed for long-lasting health benefits.

EPT performs unbiased primary source research. Let us help you make sense of marketing madness. Ask us about nutrient timing and supplementation.



This article was contributed by Lynette Jernigan B.S., ASCS, CFS, NASM-CPT & BCS, CFNP, CIMHP, Director of Nutrition Services and Client Advisory Board Chairman. For her bio, please see <https://www.elitepersonaltrainingandfitnesssolutions.com/business-team>



Tip of the week (4/3), page 3

