

Registered Dietitian Suggestions:

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PROTEIN POWDER OPTIONS

1. **BOB'S RED MILL** has a variety of protein powders. They can find them in the gluten free section of most grocery stores.

Hemp seed hearts

<https://www.bobsredmill.com/shop/nutritional-boosters/hulled-hemp-seed-hearts.html>



Soy protein powder

<https://www.bobsredmill.com/shop/nutritional-boosters/soy-protein-powder.html>



Pea protein

<https://www.bobsredmill.com/shop/nutritional-boosters/pea-protein-powder.html>



2. **BENEPROTEIN made by NESTLE.** This is what we use in the hospital. If you are interested in trying this product, I can provide you with sample packages on your next hospital visit. If you like to use this product, ask your local pharmacy to bring it in for you. <https://www.nestlehealthscience.ca/en/brands/beneprotein/beneprotein>



3. **Carnation Instant Skim Milk Powder made by NESTLE.** This is a good option if you do not have a lactose intolerance. It is also less expensive than the other choices. It can be found in most grocery stores.

