

Protein Supplements

Protein Shakes (Pre-made)

Pre-made protein shakes are available in ready to drink containers.

Choose protein shakes with:

- 15-40 grams of protein
- Less than 5 grams of carbohydrate (subtract fibre from total carbohydrate)

★ Always double check the Nutrition Information label as they may change over time.

| Nutrition Information Information nutritionnelle | |
|--|--------|
| per 1 shake (325 mL) pour 1 boisson fouettée (325 mL) | |
| Calories / Calories 160 (670 kJ) | |
| Fat / Lipides | 3 g |
| Saturated / saturés | 1 g |
| +Trans / trans | 0 g |
| Polyunsaturated / polyinsaturés | 0.2 g |
| Linoleic acid / acide linoléique | 0.2 g |
| n-3 Linolenic acid / acide linoléique | 0 g |
| Monounsaturated / monoinsaturés | 1.5 g |
| Cholesterol / Cholestérol | 20 mg |
| Sodium / Sodium | 210 mg |
| Potassium / Potassium | 450 mg |
| Carbohydrate / Glucides | 5 g |
| Fibre / Fibres | 3 g |
| Sugars / Sucres | 1 g |
| Protein / Protéines | 30 g |

Here are some examples:



Where to Buy:

- Costco
- Walmart
- Shoppers Drug Mart
- GNC
- Popeyes
- Bulk Barn
- Healthy Planet
- Your local grocery store
- Your local health food store
- Online (e.g. Amazon.ca; Well.ca)

Protein Powders

Choose protein powders made from whey, soy, egg, or pea (e.g. Whey or Soy Isolate).

You can choose flavoured or unflavoured protein powders.

Each scoop (30-40 grams) should have:

- 20-35 grams of protein
- Less than 7 grams of carbohydrate

★ **Always double check your Nutrition Facts label as the nutritional content of a product can change.**

| Nutrition Facts / Valeur nutritive | |
|--|---|
| Per 35 g [†] (~1 scoop) Pour 35 g [†] (~1 cuillère) | |
| Calories 130 | % Daily Value* % Valeur quotidienne* |
| Fat / Lipides 2 g | 3% |
| Saturated / saturés 1 g | 5% |
| + Trans / trans 0 g | 0% |
| Carbohydrates / Glucides 4 g | 1% |
| Sugars / Sucres 1.5 g | 0% |
| Fiber / Fibres 0 g | 0% |
| Protein / Protéine 24 g | 48% |
| Cholesterol / Cholestérol 72 mg | 24% |
| Sodium 32 mg | 1% |
| Potassium 225 mg | 5% |
| Calcium 75 mg | 5% |
| Iron / Fer 0.75 mg | 4% |
| *5% or less is a little, 15% or more is a lot. / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup. | |

Here are some examples:



Where to Buy:

- Costco
- Walmart
- Bulk Barn
- Shoppers Drug Mart
- GNC
- Popeyes
- Your local grocery store
- Your local health food store

Online:

- www.revolution-nutrition.com
- canadianprotein.com
- www.gnc.ca
- www.amazon.ca
- emnhealth.com/products/isolution
- www.popeyescanada.com
- well.ca