

Is Protein Powder Really Worth It?

Description

Just the other day, I set out on the simple task of finding a new protein powder that wasn't filled with junk. Before I knew it, 2 hours had passed as I perused the plethora of options for this popular supplement!

This made me ponder whether I should really stress over the different types, flavors, functions, and brands. I recently shared the [benefits of protein and making it complete with all 23 amino acids](#), so it's obviously an important macronutrient. But, do we really need protein in powder form, and, more importantly, is it even worth it?

You can find protein powders made out of things you'd never expect. We all know the common whey protein, which is broken into concentrates, isolates, and even [goat whey protein](#). Other popular varieties are soy, [egg white](#), and [casein](#). Some less common, but still good types are [rice](#), hemp, and [pea proteins](#), but did you ever hear of [beef protein powder](#)?



Beef is an excellent source of protein, but having it in a smoothie seems a little odd. I might try it as long as the ingredients are good, but it's also one of the most expensive forms. Expensive and very processed! I mean, I can accept processed beef when it's put through the grinder, but how much has to happen to turn it into a flavored powder?

Can you really see yourself paying a premium to drink beef protein powder that's Blue Raspberry, Peanut Butter, Cherry Vanilla, Fruit Punch or other some other flavor? [MuscleMeds](#) has all of these flavors if your answer is yet, but it's filled with artificial colors and flavors that I avoid in any product.



Carnivores like meat, not
blue raspberry powderâ€¦.

Anyway, back to the question at hand. Do I really *need* protein in the form of powder instead of enjoying freshly cooked chicken, beef or fish? There are also many sustainably caught and packaged canned options like [tuna](#), [salmon](#), and [sardines](#) I always have around. These are just as quick and the ones with pull tabs require no can opener to lug around wherever you go. My current favorite are canned anchovies in water, and even my 2 year old daughter loves having the â€œlittle fishiesâ€• with me.



Whole food sources of protein are obviously the better choice since powder, no matter how clean, organic, or super-duper ultra filtered it is, is still highly processed.

There are many healthy plant based protein powders packed full of enzymes, superfoods, cleansing herbs, and they taste good too. I have tried several and enjoy them in smoothies as well as many recipes. But in retrospect do I really need all of these â€œextrasâ€• in a protein powder? Isnâ€™t that what a good vitamin or, better yet, having a diet rich in whole foods should provide?

I was all about buying this high quality [Garden of Life Raw Protein](#), but then thought about how I like to [cook a lot with my powders](#). Wouldnâ€™t cooking pretty much make the whole â€œRawâ€• aspect obsolete? Then I just paid a premium for higher quality protein and destroyed the *premium* part. And again, there are plenty of whole food based multivitamins that will give you everything in these superfood protein powders.

Maybe I will break down and buy a [raw protein powder](#) just for mixing into drinks or no-bake recipes like these [No-Bake Quinoa Almond Protein Cookies](#) as they are great to take along when traveling for a healthy snack option both kids and adults will enjoy.



I have used many protein powders, both good and bad over the years. Currently, my favorite brands are [Legion](#), [BiPro](#), and [Naked Nutrition](#). If you haven't tried my [healthy Legion Banana Vanilla Protein Pancakes](#) recipe, I highly suggest you do!..fast!



As you can see, I enjoy protein powder and by no means am I quitting the stuff, but maybe not stressing over the the slew of extra ingredients. Now I when Iâ€™m in the market for a good protein

powder, I focus on the one thing that matters, the protein!

Setting guidelines before you make a purchase will help save a lot of time and stress when choosing a protein powder. Trust me, I would really appreciate having those 2+ hours back!

Here are the main things I look for in (or not in) a protein powder:

- **No artificial sweetenersâ€¦EVER!**
- **Non-GMO, preferably organic**
- **If whey protein, I typically prefer that itâ€™s sourced from grass-fed cows not treated with antibiotics**
- **Very little to no sugar (less than 3g per serving); prefer no sugar and only stevia or unsweetened**
- **No added soybean or other oil**
- **No nonsense â€œsuper pumpâ€• marketing/gimmicky ingredients**
- **Short, simple list of ingredients; unless it is the raw green food kind**

These guidelines for a quality supplement will narrow your options in a good way. Yes, it usually means higher prices, but Iâ€™m willing to pay more when it comes to things that go in my familyâ€™s body. Plus, as long as youâ€™re not relying on powder as your main source, it should last a while.

What type or types of protein powder do you use?

Do you get caught up searching for the â€œrightâ€• protein powder or anything else? *Too much information makes too much confusion sometimes!*

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