

# Welcome to the August Statewide Wellness Virtual Lunch and Learn

Hosted by:  
OSHR Worksite  
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

Let's LUNCH AND LEARN!



# Smoothies and Protein Shakes: Tips and Tricks

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By Katie Godin, RD, LDN

**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management

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# Protein Shake OR Smoothie? What's the difference? Not much!

Protein Shakes – are typically used post workouts to help with muscle growth or can be used as supplements to a meal. Come in ready to drink or powder form and typically do not have a lot of added ingredients to them.

Smoothies - Usually have more ingredients to them and can be supplemented for a meal. Can also have added protein to them to make them more of a complete meal.

Both can be a source of added nutrients to your diet!

# When is it best to use them?

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- Meal replacement (if desired)
- Post exercise – studies show that it's the amount of protein ingested in the day vs. exactly when you consume the protein that ultimately matters. However, if you can get it in within 2 hours post exercise that may be most beneficial for muscle growth
- If you have a hard time meeting protein needs
- If you need to concentrate calories / nutrients
- Can be used for weight loss/maintenance OR gain



# TYPES OF PROTEIN POWDERS

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## Animal

- Whey
- Casein
- Egg White
- Collagen



## Plant Based

- Brown Rice
- Quinoa
- Pea/Lentil/Bean
- Seeds (Hemp/Flax/
- Soy
- Blends



# Animal Based Powders

Whey – Absorbed almost immediately and is best for muscle growth. Best mixability / flavor profiles. Better for athletes / and those trying to build muscle.

Casein – Absorbed much slower than Whey protein. Does more for protecting the breakdown of existing muscles. Does best if used before fasting (before bed or before a long day of meetings / no food for example). Those who have a difficult time keeping on weight would do well with this time of powder as well.

Egg White – does not contain dairy. Causes less stomach pain for individuals. Highest quality with almost 100% of it being utilized by the body. Also a good option to use for cooking / baking.

Collagen - This is most ideal for an individual who is not trying to build muscle but more for someone who is looking to have more youthful skin / stronger nails / hair.

# Plant Based Powders

- Plant Based - lots of people are leaning more towards plant based for many reasons including (health, environment, sustainability, religion, animal cruelty/compassion, ethics..) To make plant based protein powders complete , there are a combination of plant based sources used, which will in turn assist with muscle growth. Also – when consuming a vegetarian diet, you are able to meet your protein needs in other sources throughout the day so getting a "complete" protein source in your protein shake may not be as much of a concern.
  - Brown rice protein
  - Grains (Quinoa, amaranth,
  - Pea/Lentil/Bean
  - Seeds (Hemp chia/flax)
  - Soy
  - BLENDS : Mixture of beans / grains / seeds ; often have added sweeteners , veggie/fruit powders...

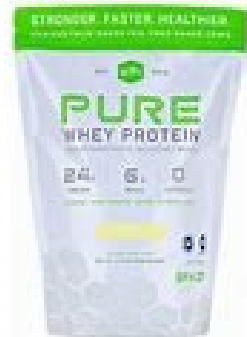
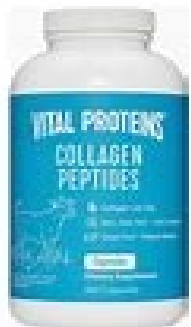


# Brands of top rated Animal and Plant based protein powders

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## Animal

- Naked Whey Protein Powder
- Vital Protein Collagen Peptides
- SFH Pure Whey Protein Powder



## Plant Based

- Orgain
- Vega One
- Nutiva
- Sunwarrior Classic



# Ready to drink options

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- Iconic Protein (Best quality / expensive)
- Pure Protein (Best budget)
- Premier Protein (Also budget friendly)
- Core Power (Fairlife Protein)
- Orgain (Plant Based)



Other ways  
to add  
protein if  
you don't  
want to  
use  
powders

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Greek Yogurt (15g per 5oz)

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Spinach (6g per cup)

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Nut Butters (7g per 2 Tbsp)

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Oats (7g per ½ cup)

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Hemp Seeds (11g per 3 Tbsp)

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Tofu (10g per ½ cup)

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Spirulina (8g per Tbsp)

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Kefir (11g per 1 cup)

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# Building the ideal protein shake / smoothie

## First choose a liquid

- Nut milk (Cashew, Almond), Flax milk, Coconut Milk, Farilife Milk, Soy Milk, Low Fat Milk

## Then choose a protein source

- Protein Powder, or other options as just discussed

## Add in your fruit and veggies – try steaming / freezing.

- 1-2 servings of fruit (½ cup). Frozen works great!
- 1 serving of veggie : Spinach/Kale, steamed veggies (cauliflower, baked sweet potato)

## Don't forget a healthy fat!

- Avocado
- Chia / Flax seeds
- Nuts / Nut butters
- Coconut Oil / MCT Oil

## Natural Sweetness

- Vanilla
- Cinnamon
- Coconut Milk



# What to watch out for / limit..



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Added sugars : Honey, Maple Syrup

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Sugar alcohols: erythritol, lactitol, maltitol, mannitol, sorbitol, and xylitol

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Too much fruit

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Using fruit juice as your liquid (or too much of it)

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Not measuring and adding too many calories

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Ready to drink smoothies (lots of added sugars) ;  
example : Bolthouse farms

# TIPS AND TRICKS TO KEEP IT SIMPLE

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- Freezer bags
- Choose a blender that's ideal for you
- Leave blender out so it's visible
- Keep ingredients to a minimum
- Make sure to have ingredients easily accessible in the morning

# Blenders to consider...



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Ninja personal blender (\$60) : Customer favorite / go to personal blender / can be difficult to clean

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Hamilton Beach personal blender (\$22) : Portable convenience / not the best with ice cubes.

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Oster My Blend 250 watt blender (\$31) : Easy to use / travel friendly / Great with frozen food

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Bella personal sized rocket blender (\$18) : Durable / Extra vessels and accessories / blends inconsistently

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Nutri Bullet 1200 watt blender combo (\$100-120) : Takes nutrition extraction to next level / Blades are not durable

# RASPBERRY PEACH MANGO SMOOTHIE BOWL

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From [EatingWell.com](https://www.eatingwell.com)

