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 to learn more.

Let’s LUNCH AND LEARN!
Smoothies and Protein Shakes: Tips and Tricks

By Katie Godin, RD, LDN
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
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?

• 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

<table>
<thead>
<tr>
<th>Animal</th>
<th>Plant Based</th>
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<tbody>
<tr>
<td>Whey</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Casein</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Egg White</td>
<td>Pea/Lentil/Bean</td>
</tr>
<tr>
<td>Collagen</td>
<td>Seeds (Hemp/Flax/)</td>
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<tr>
<td></td>
<td>Soy</td>
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<tr>
<td></td>
<td>Blends</td>
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</tbody>
</table>
### Animal Based Powders

<table>
<thead>
<tr>
<th>Powder</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whey</strong></td>
<td>Absorbed almost immediately and is best for muscle growth. Best mixability / flavor profiles. Better for athletes / and those trying to build muscle.</td>
</tr>
<tr>
<td><strong>Casein</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Egg White</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Collagen</strong></td>
<td>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.</td>
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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 sweetners , veggie/fruit powders...
Brands of top rated Animal and Plant based protein powders

**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

• 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

<table>
<thead>
<tr>
<th>Protein Source</th>
<th>Serving Size</th>
<th>Protein Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Yogurt</td>
<td>15g per 5oz</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>6g per cup</td>
<td></td>
</tr>
<tr>
<td>Nut Butters</td>
<td>7g per 2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Oats</td>
<td>7g per ½ cup</td>
<td></td>
</tr>
<tr>
<td>Hemp Seeds</td>
<td>11g per 3 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>10g per ½ cup</td>
<td></td>
</tr>
<tr>
<td>Spirulina</td>
<td>8g per Tbsp</td>
<td></td>
</tr>
<tr>
<td>Kefir</td>
<td>11g per 1 cup</td>
<td></td>
</tr>
</tbody>
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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:

- Added sugars: Honey, Maple Syrup
- Sugar alcohols: erythritol, lactitol, maltitol, mannitol, sorbitol, and xylitol
- Too much fruit
- Using fruit juice as your liquid (or too much of it)
- Not measuring and adding too many calories
- Ready to drink smoothies (lots of added sugars); example: Bolthouse farms
TIPS AND TRICKS TO KEEP IT SIMPLE

• 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...

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

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

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

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

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