

SAFE PROTEIN POWDERS DURING PREGNANCY AND BREASTFEEDING

Pregnancy and breastfeeding are times in a woman's life when there is a benefit to being especially careful about ingredients in our food and supplements. Some foods that are completely harmless to a non-pregnant woman can cross the placenta and impact a developing baby. In the same way, some food ingredients (and medications) can be excreted through breast milk and cause unwanted effects in a nursing baby, even if they have zero effects (or even benefits) to mom. Ingredients that are undesirable in any protein powder would include heavy metals and pesticides. Ingredients that may be undesirable for certain moms and/or babies could include milk proteins (whey and casein), soy, or certain types of sweeteners.

TYPES OF PROTEIN POWDER

Dairy Based

- Puori
- Biosteel 100% Whey

Non-Dairy Based

- Komplex Nutrition Plant-Based Protein
- Ritual Essential Protein-Daily Shake Pregnancy & Postpartum

No Artificial Sweeteners

- Naked Whey Protein Powder

Customizable

- True Nutrition (includes dairy and non-dairy options - the sheer number of options can be overwhelming so this may be a helpful conversation to have with your coach!)



Real Life Application

Protein powders are a frequent topic of discussion with many Stronger U members, and pregnant/nursing moms are no different. In fact, use of protein powders can increase during pregnancy – some women can't stand the smell or texture of "solid" proteins, some find that a cold beverage can help combat nausea, and some find they just don't have physical space for a lot of solid food in their stomachs as the expanding uterus starts crowding out other abdominal organs. Regardless of reason, we'd like to provide a list of protein powders that can be used safely during these phases of motherhood.

One of the biggest “gotchas” during breastfeeding may come if baby presents symptoms of milk intolerance. When this occurs, many moms decide to eliminate dairy from their diets for the duration of breastfeeding. Thus, having at least a few non-dairy based protein powders available can help mom continue to meet her protein and calorie requirements while not upsetting baby. The non-dairy based and customizable options provided above are excellent options for moms who need to avoid dairy while nursing.



Main Takeaway

There are literally thousands of protein powders on the market today. Unfortunately, independent lab testing has demonstrated that many of them contain ingredients that are undesirable during pregnancy and nursing.

While the list provided above is not exhaustive, it does represent the powders rated highest for low levels of contaminants and so represent our top recommendations (though may not work for everyone, as price, taste, and texture also factor into each woman’s decision-making process when choosing the best powder for her).

Resources

Clean Label Project:

Updated information on products which have tested free of heavy metals and/or pesticides.

[Visit The Site >](#)

True Nutrition:

To explore customizable options with your coach

[Visit The Site >](#)

