

Searching the protein aisle or online can be very overwhelming, especially when you have a history of not tolerating or liking milk products. So let us breakdown down milk for you and some of the protein shake options.

**Milk contains a variety of components including:**



**Milk proteins:** casein and whey

**Carbohydrates:** lactose (milk sugar)

**Vitamins and Minerals**

**Water**

**Low Lactose:** People are intolerant to milk for various reasons. Some people may do well with a low lactose product. Lactose is not listed on the food label, but since lactose is a sugar/carbohydrate, the label will indicate the product is low in sugar.

<b>Brands</b>	<b>Where to Purchase</b>
Premier	Walmart, Sam's, Walgreens, Reasors, retail markets
Slimfast Advanced	Walmart, Sam's, Target, Reasors, retail markets
Muscle Milk	Quik Trip, Sam's, Target, Reasors, Walgreens, retail markets

**Lactose free:** Some patients who are very sensitive to lactose may need a completely lactose free product. Lactose free products may have an enzyme added to breakdown the lactose such as lactase.

<b>Brands</b>	<b>Where to Purchase</b>
CorePower	Walmart, Reasors, QT (most convenience stores)
Fairlife-Nutrition Plan	Sam's
Ensure Max	Walmart, Target

**Lactose free:** Other lactose free products will indicate the ingredients contain **whey protein isolates**, as the whey protein is completely separated (or isolated) from the casein and lactose typically in milk.

<b>Brands</b>	<b>Where to Purchase</b>
Protein20 Water	Casey's, Kum N Go, Walmart, Sam's, Amazon, Aldi's, Reasor's
Premier Water	Sam's, CVS, Walgreens, <a href="http://www.premier.com">www.premier.com</a>
READY Water	Walmart, Reasors, Sam's, Amazon
Protein powders: labeled as whey protein isolates	Syntax Nectar: SiO3.com, Amazon, Discount Sports Nutrition
Inspire: bariatriceating.com	Bariatric Advantage: bariatricadvantage.com
Celebrate: celebratevitamins.com	Unjury: unjury.com
Jay Robb: online, Sprouts, Whole Foods	Isopure: GNC, Amazon, Walmart.com

**Non-dairy protein:** Other high quality proteins that patients can use include soy or egg white proteins. If needed, patients can use a pea protein, though pea protein is not as high quality and patients' will need to consult with a dietitian when using a pea protein.

### **Egg White Protein**

<b>Brands</b>	<b>Where to Purchase</b>
NOW	Akins Natural Foods and online (unflavored, chocolate and vanilla)
MRM	Online, Sprouts, Sprouts (chocolate, vanilla)
Jay Robb	Sprouts, GNC, Whole Foods and online (unflavored, chocolate and vanilla)

### **Soy Protein Isolate White Protein**

<b>Brands</b>	<b>Where to Purchase</b>
Puritan's Pride	Online
My Protein	Online
Sprouts	Sprouts
365	Whole Foods

### **Pea Protein Based Protein**

<b>Brands</b>	<b>Where to Purchase</b>
Planted	Online at <a href="http://www.unjury.com">www.unjury.com</a> . (unflavored, chocolate)
Ripple	Target, Sprouts (Ready-made)
Orgain	Target, GNC, Sprouts, and online (a variety of flavors available)
Vega	Target, Walmart, Walgreens, Sprouts (a variety of flavors available)
OWYN	Online: The Vitamin Shoppe and Walgreens (a variety of flavors available)

