

What Is the Best Protein Powder for Teens?

It can seem like you are drowning in choices when it comes to choosing a good protein powder. The [best protein powder for teens](#) should be the one that delivers the nutrients they need, provides them with energy, and most importantly tastes good. Here are a few things you should look for when picking out a protein powder.

Of course one of the most important aspects of choosing a high-quality protein powder is to make sure it has some form of complete amino acids (the building blocks of protein). This can be found in something like whey products or soy formulas, but I prefer soy myself because it contains all nine essential amino acids and doesn't run my stools as often as whey proteins do. If you are searching for a delicious, healthy protein powder that does not have any additives or fillers, a whey protein powder is probably your best bet.

Pricing is also an important factor to consider. Whey protein powders typically range from \$1 – \$2 per serving. Soy protein powders will cost less (around 15 cents to 50 cents per serving) and do not contain any artificial flavors or sweeteners like many of the more expensive variations do. Soy can also be found in lots of different forms, including milk and tofu, so it doesn't have to be in the form of a powder for you to consume it.

Protein shakes are great for providing your body with protein that is complete and ready to use when needed. It also allows you to consume the right foods, so you will get more nutrients in your diet.

What's the best way to choose a protein powder? Here are a few things to keep in mind:

The taste of a protein powder may not be as important as other aspects of choosing one. Many have added sweeteners and flavors, making it easy on the taste buds while still providing a distinct flavor when combined with a beverage or food. Plenty of people mix these powders into cereal, drinks and other foods to add extra nutrition to their diet without any unnecessary foods or flavors getting in the way.

Protein powders are typically not very expensive, ranging from \$1 to \$4 per serving. Some are even less than a dollar per serving. With so many options available, stick to inexpensive and natural products like soy; they offer plenty of nutrients without filling your body with lots of extra ingredients.

Do the right research, look over every little detail when it comes to choosing a protein powder and find one that will provide all the benefits you are looking for in a healthy product.

Tags: Best Protein Powder For Teens, Does Iron Make Me Gain Weight?, High Protein Meal Replacement for Teens, Is It Good To Eat Soy?, Is Soy Bad For Teens?, List of Protein Shakes, Muffins, Nutritional Information for Soy Protein Powder

List of Protein Shakes

The pros of protein shakes: They provide a quick and easy meal replacement, they are filling, they don't spike your blood sugar at the same time they provide nutrition to your body, they can be combined with lots of different foods, and no cooking or clean up if you are looking for a quick snack. The cons of protein shakes: They tend to cost more than regular food items; most professional weight loss plans recommend replacing meals with either 2-3 protein shakes per day or regular meals. You do not get as much nutrition from a shake as you do from eating anything else.

This is a list of protein shakes and the nutritional information you can find on each one to help you figure out what is the best protein shake for teens. It includes nutritional information based on the powder itself (as well as often-overlooked ingredients in shakes such as milk proteins). Most have natural ingredients but some do contain artificial flavors or sweeteners. Some of these products also contain milk protein which is not a good choice for most people (including teens). If you are looking into protein shakes as a healthy food for your kids, read more in the article "High Protein Meal Replacement for Teens."

The Best Protein Shakes For Teens:

Soy

Soy protein contains all nine essential amino acids. Soy is very versatile, and can be used in so many different ways to provide the body with extra nutrition or as an alternate protein source. You have two main options when it comes to soy: organic soybeans and non-organic soy beans. The major difference between them is that organic soybeans are more nutritious than regular soybeans. Non-organic soybeans typically contain genetically modified soy, and are not as nutritious. You can find protein shakes in the form of soy proteins or in a powder form. If you are searching for a delicious, healthy protein powder that does not have any additives or fillers, a whey protein powder is probably your best bet.

Vanilla Bean and Cacao

Both vanilla bean and cacao serving sizes are 1/4 cup (plus 1 tablespoon). This product features only natural flavors and sweeteners – no artificial flavors or ingredients. These two products taste great on their own, but they also work well in smoothie and non-fat yogurt recipes.

Brown Rice and Oats

This product is gluten-free, low-fat and offers a delicious combination of brown rice and oats. One serving size is 1/4 cup (plus 1 tablespoon) to make sure you get the nutrition you need every day. The brown rice in this product is made from certified organic ingredients – it's the same kind of brown rice used in Biotest Protein Shakes. One serving provides 14 grams of high quality plant protein. This product also contains only natural flavors and sweeteners – no artificial flavors or ingredients. One serving is 1/4 cup (plus 1 tablespoon).

Coconut Cream and Coconut Milk

This product features only natural flavors and sweeteners – no artificial flavors or ingredients. Coconut cream contains a fat that is healthy for the body, called lauric acid. If you are looking for something without as much fat, coconut milk is a great choice – it contains less than 2% of the recommended daily value of fat. This product also tastes delicious on its own, but it also works well in smoothie and non-fat yogurt recipes.

This product features only natural flavors and sweeteners – no artificial flavors or ingredients. One serving size of this product is 1/4 cup (plus 1 tablespoon). This protein shake contains only coconut cream and coconut milk – not any other dairy products. These are full-fat, unpasteurized ingredients that are high in fiber and the good kind of fat. This product also contains only natural flavors and sweeteners – no artificial flavors or ingredients. One serving size is 1/4 cup (plus 1 tablespoon).