

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 intolerance 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.

Brands	Where to Purchase
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.

Brands	Where to Purchase
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.

Brands	Where to Purchase
Protein20 Water	Casey's, Kum N Go, Walmart, Sam's, Amazon, Aldi's, Reasor's
Premier Water	Sam's, CVS, Walgreens, www.premier.com
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

Brands	Where to Purchase
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

Brands	Where to Purchase
Puritan's Pride	Online
My Protein	Online
Sprouts	Sprouts
365	Whole Foods

Pea Protein Based Protein

Brands	Where to Purchase
Planted	Online at www.unjury.com . (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)

