A Scoop of This...or That?

Whether whey, soy, pea, rice or hemp, not all protein powders are equal.

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Numerous brands and types of protein powders are currently available. But the right type of this manmade fuel for your body depends on a number of different factors. Here are three key points to consider:

Bioavailability: How easily proteins in powders are absorbed by the body is ranked using an inexact measurement from zero to one called the protein digestibility corrected amino acid score. Those closest to one are considered superior.

Your health goals: Do you want to replace a meal, boost protein intake or build or maintain muscle?

Dietary restrictions: Are you vegetarian, prone to allergies or suffering from digestive problems?

If so, choose your protein powder accordingly to meet your specific needs.

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http://beta.docker.realhealthmag.com/article/scoop-this-or-that-protein