

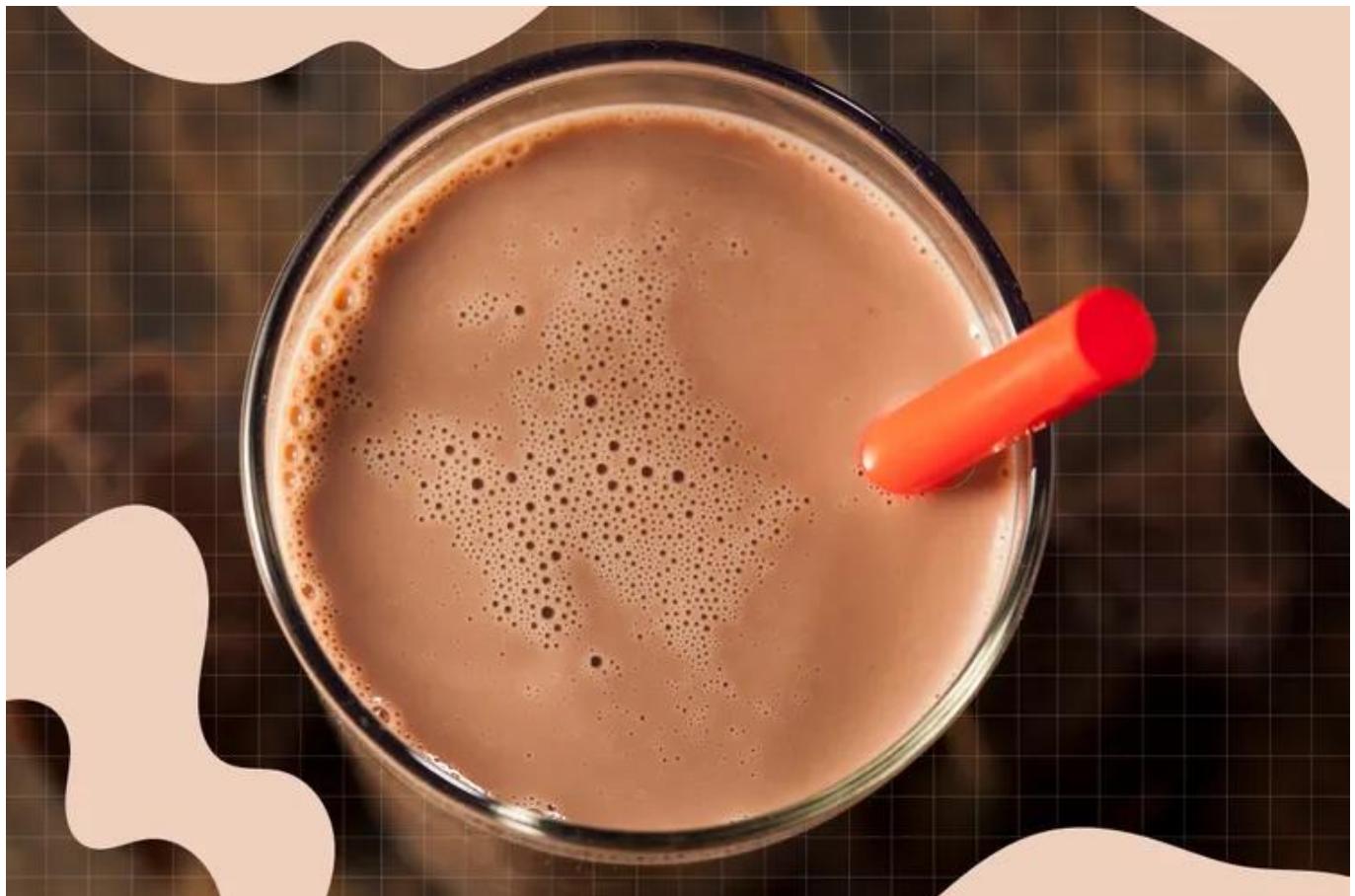
On the shelves of supermarkets, you can now easily find protein cocktails. But which one will be the most useful?

Here are what factors are important when choosing a protein cocktail, according to nutritionists.

**Enough quality protein.** For a snack between EMI Gudson food meals, a master of science, a certified nutritionist, a lifestyle specialist, recommends consuming 10 g of protein, and to restore muscles with regular sports - 20-30 g after training. It is best to choose a cocktail combining casein and serum protein. Plant proteins are great for those who are allergic to dairy products or their intolerance, as well as for vegetarians and vegan.

**A minimum of added sugar.** According to the recommendations for nutrition for 2020-2025, it is necessary to limit the consumption of added sugar up to less than 10% of the total number of calories.

**Microelements.** It is especially important for those who regularly train, to receive enough vitamin D. Sodium can be useful if you sweat strongly after training, and protein cocktails based on milk are better saturated with fluid than water.



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**Safety.** Make sure that the protein cocktail that you buy has undergone independent testing.

**Taste and intestinal reaction.** Studies show that it is the taste that determines whether people will use this or that product. It is important to pay attention to well-being after you drink a cocktail.

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