

Pick the right protein drink for you

By Joshua Baird
Arts & Culture Editor

With so many different health and wellness products available in the world today, many people find the sheer number of choices to be mindboggling. To make this easier on you, we are going to look at the various types of protein shakes available on the market.

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Zak McGraw
Clackamas Town Center
GNC

Most protein shakes are available all over the place; you can find them in 7-11s, health supply stores and the gym. In fact, you have to look no further than the school cafeteria to find one option.

As with every product on the market, you should look at the nutritional information because health products are renowned for effective marketing, even if it may not be complete information.

“Muscle Milk” is one of the most popular brands, possibly because it is so readily available in most venues. As mentioned above, it is the brand carried by Outlaw in the school cafeteria.

Though it may be one of the more popular options, Muscle Milk is not being sold everywhere that other protein drinks are.

Max Muscle in Vancouver, Wash. no longer sells it because “It was higher in fat than most of the others,” said Trevor Bryant, a Max Muscle

Muscle Milk:
Taste: 4/5
Aftertaste: 3/5
Protein Content: 25g
Fat Content: 9g

Oh Yeah!:
Taste: 5/5
Aftertaste: 5/5
Protein Content: 32g
Fat Content: 9g

Ultramet:
Taste: 4/5
Aftertaste: 4/5
Protein Content: 35g
Fat Content: 9g

Josh’s choice:
Oh Yeah!

representative.

Other companies do still carry this popular shake, though. “I think it gives you your vitamins and minerals (and is) pretty low in sugar, and it gives you a good whey protein isolate,” said Zak McGraw of Clackamas Town Center GNC.

Another brand that is available is “Oh Yeah!” Though this isn’t an extremely popular brand, it is just as good as Muscle Milk and has seven more grams of protein. It packs a punch of flavor and lacks a lot of the aftertaste that many people expect from premade protein shakes.

“Ultramet” seems to be the reigning champion of the premade protein shakes with a whopping 35 grams of whey protein.

“I know a lot of the ready-to-drinks are testing for high levels of cadmium and mercury, the Ultramet seems to taste better and ... it’s a little bit higher (in protein content) than the others,” said Jesse Johnson of Max Muscle in Clackamas.

Although there are many options available, the general consensus seems to be that the best shake you can buy is the powdered kind. Both Johnson and Bryant suggested taking protein powder with you in a Ziploc bag and adding it to eight ounces of water as a way to get the best protein bang for your buck. Unfortunately, with this method you will always run the risk of finding powder pockets in your shake.

“It’s cheaper per serving, for one; (it’s) usually at least half – if not a third – of the price. Most protein supplements will run you \$1.50 (per serving), and they won’t have as many preservatives,” said Johnson.

The choices are out there, and in the end you really have to choose what is best for you financially as well as nutritionally. Do you want to ingest preservatives, or do you want to pay for a giant jug of protein powder? The choice is yours.



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Choosing a protein shake that is both healthy and delicious can be a daunting challenge.

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Life without soda is indeed possible



By Kayla Calloway
Co-Editor-in-Chief

I’ve let myself down this week. While I was succeeding in my goal not to drink a soda all week, I was failing at the thing that got me going with this column in the first place; I neglected to eat a piece of fruit each day.

I had oranges a plenty in my kitchen, but they didn’t hit the spot; plus, drinking orange juice while eating one just felt a little redundant to me. Still, no excuses.

On the bright side, I found a few ways to make a soda fast go by easily, especially for those of us on tight schedules.

First and possibly the most obviously, water. I’m sure everyone has a fancy, “green” water bottle, and the school is riddled with water fountains that produce water that doesn’t taste like crap. Most of those fountains are also equipped with cool faucets specifically designed for filling up a bottle. Handy, no?

The bookstore that we all know and

love has a wide selection of juices and teas that offer a great tasting alternative to the delicious Mountain Dew that many college kids love. The prices are average, and there’s a drink for everyone and their budgets. A bottle of Ocean Spray grape juice will run you about \$1.50, and you can get some Arizona Tea for just 99 cents for an oversized can.

If you’re not around the bookstore that often, most grocery stores sell the Arizona Teas for the same price, and while you’re there, grab a gallon of O.J.

This next solution is perfect for those of us who love to hit up the Taco Bell drive thru between classes: lemonade. Granted, it’s not the best substitute considering all that sugar in it, but hey, I only swore to give up soda for the week.

Finally, at your local grocery store in the powdered juice aisle, there are these little packets that you just dump into a bottle of water and shake. Crystal Lite started it with their little “on the go” packets a few years ago, and let me just say, they make staying healthy a breeze, and most of them taste pretty good, too.

Grab a paper next week, as I’m going to cook a vegetarian dish that involves peanut butter and thin spaghetti noodles. We shall see how tasty it turns out to be next week.

This week’s words to live by come from V.L. Allineare: “Sugar is a type of bodily fuel, yes, but your body runs about as well on it as a car would.”

-Do you have any ideas to help others get back into shape or any healthy recipes to recommend? E-mail Kayla at chiefed@clackamas.edu.