

A Sampling of High-Protein Products

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THE NUMBER OF high-protein products available on American grocery store shelves has increased remarkably over recent years in response to consumer demand.¹ The perceived benefits of protein-packed foods include improved energy, weight management, muscle mass, strength, and appetite suppression.² Millennials are also driving the marketing of protein-supplemented foods as this age group, 16–34 years, shy away from cooking meats and go to easy to eat protein-supplemented foods.³ Sufficient dietary protein is especially important for end-stage renal disease patients for maintaining muscle mass and strength; improving adequate protein intake (and thus increasing albumin levels); and can actually improve appetite in this population.⁴

Navigating the grocery shelves to select high-protein foods as a dialysis patient is a complex chore that involves selecting healthy, esthetic foods, comparing brands and prices, finding foods one has coupons for, and so on. This is compounded by the difficulty of reading the nutrition facts label and ingredients list on products to find foods that are also lower in potassium and phosphorus when these may not be listed on product packaging. For those patients who also have diabetes, grocery shopping also introduces the challenge of finding palatable high-protein foods that are lower in carbohydrates.

The protein-supplemented food market is dominated by protein bars and beverages. As many patients and professionals are already familiar with these choices, the author has compiled a table that lists some of the newest high-protein food products. The following product table is a relatively small sampling of the total protein-added foods market given the dynamic nature of the market itself.

Protein bars have commonly been supplemented with soy protein isolate (e.g., Zone and Atkins bars), while newer products use sources of protein such as whey protein isolate and pea protein. These protein sources are used for various

reasons, but they have it in common that they are marketed as being nutritionally superior to their predecessors. A narrative describing and comparing the amino acid profiles and characteristics of these protein sources is beyond the scope of this article, but warrants investigation and reporting.

The foods highlighted in this small sampling of products are listed in [Table 1](#). They include entrees and soups, bread products, pancakes, and snack foods or as the author prefers to refer to as “indulgent snacks.” This is not a complete list. High-protein frozen desserts have previously been reported.⁵ A number of prepackaged entrees and side dishes contain phosphorus-based additives, often those that contain meat. This is less true of the “indulgent snacks” that do not contain these meats. Some of these food options also have high potassium and sodium content, both of which need to be moderated in the dialysis patient’s diet. While many protein-supplemented foods have been on the market for years, recent increases in the demand for a variety of options have driven manufacturers to become more creative with their products. Since the market for these foods is moving so rapidly, consumers will likely come across countless varieties of protein-supplemented foods in grocery stores. Although the typical demographic of the dialysis patient is older, this group can ride the wave of newer high-protein products marketed to a younger age group. The dialysis nutrition professional can guide the patient on what protein-supplemented food is best for them.⁶

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Table 1. Sample of New High-Protein Products Available in the US Market

Product Name	Manufacturer	Serving Size	Protein (g)	Fat (g)	Carbohydrate (g)	Na (mg)	K (mg)	Phosphorus-Based Additives	Supplemental Protein Source	Link
Cheerios Protein	General Mills	1-1/4 cup (55 g)	7	2.5	41	280	150	Tripotassium phosphate	Soy protein	http://www.cheerios.com/en/products/Cheerios-Protein-Oats-And-Honey.aspx
FlapJacked Protein Pancake Mix (Buttermilk)	FlapJacked	1/2 cup (53 g)	20	3.5	23	350	*	Monocalcium phosphate (baking powder)	Whey protein isolate, pea protein	http://www.flapjacked.com/products/12oz-buttermilk-protein-pancake-mix
Kay's Naturals Protein Pretzel Sticks	Kay's Naturals	1 bag (1.2 oz)	12	3.5	15	160	*	N/A	Soy protein isolate	https://shop.kaysnaturals.com/ProductDetails.asp?ProductCode=R-CTP-S
Lenny & Larry's Muscle Muffin (Blueberry)	Lenny & Larry's	1 muffin (4 oz)	15	14	44	150	*	Monocalcium phosphate (baking powder)	Whey protein isolate	https://www.lennylarry.com/products/blueberry-muscle-muffin/
Lunchables Uploaded (6-inch Turkey & Cheddar Sub Sandwich)	Kraft	1 package	15	16	71	810	*	Sodium phosphate, phosphoric acid, calcium phosphate	Whey protein concentrate	http://www.lunchablesparents.com/en/Our-products/Lunchables-Uploaded
Newman's Own Organic Pretzel's High Protein	Newman's Own	18 pretzels (30 g)	5	1.5	22	230	*	N/A	Yellow pea flour	http://www.newmansown.com/foods/high-protein-pretzels/
P28 Protein Bread	P28 Foods	1 slice (47 g)	14	3.5	12	220	*	N/A	Whey protein isolate	https://www.p28foods.com/baked-goods/p28-high-protein-bread
PowerPak Pudding	Maximum Human Performance	1 can (8.8 oz)	30	4.5	9	420	330	Sodium polyphosphate	Milk protein, soy protein isolate	http://mhpstrong.com/portfolio/power-pak-pudding/
Protein Works Popcorn	The Protein Works	1,100 g pack	22	13	58	690	*	N/A	Whey protein isolate	http://www.theproteinworks.com/naked-protein-popcorn
Protes Protein Chips (Chili Lime)	Performance Foods	1 bag (1 oz)	15	4	7	285	215	N/A	Pea protein	https://eatprotes.com/pages/health
ProtiDiet Chicken Noodle Soup Mix	ProtiDiet	1 pouch (32 g)	15	0	5	860	45	N/A	Sodium caseinate (casein), whole egg powder	http://www.protidiet.com/en/index.php?option=com_zoo&task=item&item_id=85&category_id=2&Itemid=177
Quaker Protein Instant Oatmeal	Quaker Oats	1 packet (61 g)	10	5	40	190	210	N/A	Whey protein concentrate	http://www.quakeroats.com/products/hot-cereals/protein/banana-nut.aspx
Quest Protein Chips	Quest Nutrition	1 bag (32 g)	21	2	5	230	75	N/A	Milk protein, whey protein isolate	http://www.questnutrition.com/quest-chips/sea-salt-box-of-8/

(Continued)

Table 1. Sample of New High-Protein Products Available in the US Market (*Continued*)

Product Name	Manufacturer	Serving Size	Protein (g)	Fat (g)	Carbohydrate (g)	Na (mg)	K (mg)	Phosphorus-Based Additives	Supplemental Protein Source	Link
Stouffer's Fit Kitchen Bourbon Steak	Stouffer's	1 container (Bourbon steak with chipotle mashed sweet potatoes, seasoned broccoli, and red peppers)	27	13	48	890	*	Sodium phosphate, potassium phosphate	Soy protein isolate, hydrolyzed vegetable protein	http://www.stouffers.com/our-dishes/Fit-Kitchen-Bourbon-Steak/11489

*Not readily available on the product website.