

Protein powder: compare before buying

Compare two exact products for a defined use—not for a promised fat-loss effect. Record the actual flavor and local label. No powder is also a valid choice.

1. What job would the powder do?

Dietary gap, convenient recipe, or another practical reason:

Check	Product A	Product B
Exact name, flavor, country		
Source, ingredients, allergens		
Serving weight and scoops		
Protein and energy per serving		
Use restrictions and preparation		
Final cost and serving count		
Quality claim and directory match		

2. Which option fits?

Consider allergies, tolerance, portion, pack size, and whether you will use it. A lower cost does not make an unsuitable ingredient acceptable.

Compare cost and the whole shake

3. Compare cost fairly

Cost per serving = final pack cost ÷ servings.
Cost per 25g protein = cost per serving × 25 ÷ protein grams per serving.

25g is a comparison unit, not a recommended dose. Hypothetical examples: A costs \$30 for 20 servings with 20g protein: \$1.50/serving and \$1.88/25g protein. B costs \$40 for 30 servings with 25g protein: \$1.33 for either comparison. These are not current brand prices.

Your figures	Product A	Product B
Final pack cost / servings		
Protein grams per serving		
Calculated cost per serving		
Calculated cost per 25g protein		

4. Count the complete recipe

Use each ingredient's label and your actual amount. Hypothetical arithmetic only: 120 + 100 + 180 = 400 calories. The powder's panel is not the whole shake.

Ingredient and amount	Energy contribution

Total recipe energy: _____

What else makes the meal adequate and practical?

This worksheet is not a calorie allowance or individual diet prescription. A plain protein drink is not automatically a complete meal. Get individualized advice for medical diets, kidney disease, pregnancy, significant allergies, or eating-disorder concerns.