



Article Side

How to choose Good Protein Shakes for Weight Loss by [James Blee](#)

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Protein supplements, which come in powdered form, are known as protein shake powder. Protein shakes contain nutrients, which are required by the body to rebuild after a workout. We can also add a fruits to a protein shake. If we add milk and a fruit to it, it normally tastes like a milkshake or a fruit smoothie. These protein supplements are either soy protein, egg or dairy protein.

The manufacturers claim protein shakes for weight loss , are like a magic bullet. Just drink a few shakes and the pounds will melt away. These protein shakes are used in the form of protein shakes for fat loss. Research has shown that protein shakes help you lose about 4 to 6 pounds of weight a month. This is true, only if you stick to a low-calorie diet and avoid colas as well as fizzy drinks. At the same time, an exercise program will also have to be implemented.

What to look for in protein shakes for weight loss ,:

â€¢ Fruits and vegetables â€“ most protein shakes contain only protein and often very poor quality protein. Look for a product that uses antioxidant fruits and green vegetables as a source of protein.

â€¢ Immunity and digestion â€“ look for non-dairy proboscis to help your immune system and digestion. Your body needs good bacteria and enzymes to break up the food and absorb the vitamins and minerals. These are important for good overall health as they feed your body rather than just pass right through.

â€¢ The best time to have protein shakes is in the morning. After your last meal at night, you have fasted for approximately 8 hours. Hence, consuming protein will get it assimilated faster in the body..

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