



THINK YOU NEED PROTEIN POWDER?



Most Teens Don't.

Your body needs protein to grow and build muscle. But most teens already get enough from FOOD.



- Eggs
- Milk & yogurt
- Chicken
- Peanut butter
- Beans

If you eat balanced meals, you're probably covered.

More Protein $\neq$ More Muscle

Muscle grows from:

- Training
- Real food
- Water
- Sleep

Not just a scoop of powder.



Extra protein doesn't magically make you bigger or stronger.



What's the Risk?

Protein powders are supplements. **They are not checked by the FDA before being sold.**

Some **may contain**:

- Added sugar
- Caffeine (stimulant)
- Unlisted ingredients
- Contaminants (lead, mercury, arsenic)

Too much protein can make your kidneys work overtime and push out other nutrients your body actually needs to grow.



If You're Going to Use It...

Talk to a doctor or dietitian first.

Look for:

- ✓ NSF Certified
<https://nsfsport.com>
- ✓ Clean Label Project tested
<https://cleanlabel.org>
- ✓ Low sugar
- ✓ No stimulants

Keep it simple.



Bottom Line

Most teens do NOT need protein powder.

Food first. Always.



Resources, more information:

1. University of Michigan Health. Should Teens Use Protein Supplements? <https://www.michiganmedicine.org/health-lab/should-teens-use-protein-supplements>
2. Children's Hospital of Orange County (CHOC). Protein Powders and Teens: Are They Safe? <https://health.choc.org/protein-powders-and-teens-are-they-safe/>
3. NPR. Protein Powder Supplement Use Among Teen Boys Raises Concerns. July 21, 2025. <https://www.npr.org/2025/07/21/nx-s1-5447441/protein-powder-supplement-teen-boys-nutrition>
4. Texas Health Resources. Teens and Protein: When Supplements Are Too Much of a Good Thing. <https://www.texashealth.org/areyouawellbeing/Family-Health/Teens-and-Protein-When-Supplements-Are-Too-Much-of-a-Good-Thing>
5. Akron Children's Hospital. Protein for Teen Girls: Fueling Healthy Growth and Development. June 7, 2025. <https://www.akronchildrens.org/inside/2025/06/07/protein-for-teen-girls-fueling-healthy-growth-and-development/>
6. NSF International. Dietary Supplements Certification. <https://www.nsf.org/consumer-resources/articles/dietary-supplement-certification>
7. Clean Label Project. Protein Powder Study & Testing Information. <https://cleanlabel.org>