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FEBRUARY 05, 2019 BY SEAN EAGAN

Is Protein Powder Safe During Pregnancy?



Is protein powder safe for pregnant women or women who are nursing? This is a question we get a lot. We get it - you're pregnant, but you don't want to slack on your fitness and health goals.

Maybe you were already taking protein powder before you got pregnant. Maybe you weren't, but you're interested now. Either way, it's important to know the risks and advantages. Read on to learn more.

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How Much Protein Do Pregnant Women Need?

The average woman needs about 0.36 grams per pound of body weight per day in protein to stay healthy. However, if you're pregnant, you'll need an extra 25 grams daily! In other words, you'll need about 71 grams of protein per day.

With pregnancy often comes aversion to certain foods, like chicken, fish, or even milk. Don't worry, this happens to most pregnant women.

If you can't stand the smell or taste of protein-rich foods right now, think of an alternative: supplements.

Pregnancy protein supplements could be a great way to get that extra protein boost, plus help you through your workouts. Most importantly, this extra protein is necessary to make sure your baby gets all the nutrients they need for healthy development.

But is it safe?

Is it safe to use pregnancy protein supplements?

The typical concern regarding protein supplements is how safe they are for pregnant women. You may be wondering about the ingredients, sweeteners used, how clean the protein is, and how it may affect your baby.

Thankfully, protein powder is safe for pregnant women!

Physicians usually encourage taking pregnancy protein supplements to get that 72 grams per day you need.

Before doing anything, always, always consult with your physician about what you're putting in your body. Your doctor will tell you if it's right for you or if there may be a better option to fit your specific needs.

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Ingredients to Avoid

When looking for a good protein supplement, watch out for these ingredients:

Gluten - Of course, if you have a gluten sensitivity, you'll want to avoid this one. However, in addition, gluten can sometimes cause mood swings and hormonal imbalance in pregnant women.
Artificial Sweeteners - Don't be fooled by the sweet taste; these can really hurt your health. They can cause headaches, weight gain, and even depression. Stick with natural sweeteners instead.
Xanthan Gum - Soy- or corn-based thickeners like xanthan gum can cause painful gas, so avoid it.
Additives - As a pregnant woman, you shouldn't be including additives in your whey protein powder. Avoid additives like creatine, caffeine, psyllium, and coconut flour, as these can lead to bloating and stomach pain.

vegetable oil - vegetable oil contains trans fats, which can cause unhealthy weight gain in pregnant women.
Soy Protein - Soy protein has been reported to cause hormonal issues in pregnant women.
Milk Solids - High in lactose sugar, milk solids and milk powders can lead to constipation and stomach upsets. Avoid, especially if you are lactose intolerant.
Glucose/Dextrin - These can upset your stomach and fatten your body.
Also make sure to check where the protein powder is sourced from. Double-check the product's manufacturer and see if the product is free of chemicals, pesticides, and hormones.

For Pregnancy Protein Supplements and More, Contact Half Pint Nutrition

Half Pint Nutrition is your one-stop shop for keeping your children healthy - from conception all the way through the teen years. Looking for a protein supplement for pregnant women? Check out Bumped Up on our website or contact us at 209-599-5441 to learn more about your options. We'd love to help you find something that's perfect for your needs.

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