

5 Tips to Help You Pick the Right Source of Protein



1. Plant vs animal-based?

Both plant and animal-based contain similar protein content. However, animal-based sources such as red meat or other poultry may contain harmful chemicals and diseases. Soy protein may be easier to digest, especially among the elderly.

2. High vs low cholesterol content?

Plant-based protein contains zero cholesterol.

3. High vs low fat content?

While poultry contains saturated and transfat, plant-based proteins are free of them. So fill up on beans, lentils, tofu and whole grains which give you protein intake without excessive fat.

4. GMO vs non-GMO?

GMO (genetically modified organisms) is a plant, animal or microorganism or other organisms whose genetic makeup has been modified using genetic modification or engineering techniques. This has been associated with various health risks.

5. Natural source vs processed source?

Whenever possible, get your protein in its natural state as processed food may lose its nutrient content. But when you can't or don't get enough protein from your diet, you can opt for a high quality protein powder that gives you all the essential amino acids and calcium for strong bones and teeth.

Soy Protein is Great for mommies on-the-go!



ESP delivers sustained energy, with the highest quality plant-based protein

- ✓ Provides **14g of Low Glycemic Index** protein
- ✓ PDCAAS (Protein Digestibility Corrected Amino Acid Score) **score of 1.0** – highest value of protein digestibility and highest protein quality
- ✓ Contains **9 essential amino acids**
- ✓ Rich in **calcium**
- ✓ **Cholesterol Free**
- ✓ Soy Protein helps to **reduce cholesterol***



**Amount of soy protein recommended to give the lowering effect on the blood cholesterol is 25g per day.*

**These products are not intended to diagnose, treat, cure, or prevent any disease.*

A mother wears many hats. Besides juggling between career and family, a mother often neglects herself as she nurtures and focuses on others. These commitments may affect a mother's diet with skipped or unbalanced meals. It's vital for her to have nutritious soy protein to give them sustained energy to complete their daily routine. Find out more what soy protein can do for mothers.



Promote Radiant Skin

Feed your skin with high quality protein complete with essential amino acids for radiant and glowing skin. Soy protein contains isoflavones that have estrogenic activity which help to enhance younger-looking skin¹. Study also shows that consuming soy isoflavones can improve skin elasticity².



Support A Healthy Pregnancy

A healthy pregnancy is important to support the baby's development and the mother's health. During pregnancy, the mother must consume adequate protein to meet the needs of the growing fetus. Consistent protein consumption during pregnancy could help increase birth weight and height, and decrease the percentage of low birth weight⁴.



Strengthen Hair and Nails

Hair loss and brittle nails are often associated with poor diet and lack of nutrition, especially protein. With the lack of essential amino acids, the body is unable to produce as much keratin. As a result, thin, brittle hair and nails can be seen³.



Promote Production of Breast Milk

Breast milk is the best nutrition for the infant's growth and development. It is also rich in antibodies that provide the first source of adaptive immunity in the newborn's intestinal tract⁵. However, busy mothers tend to overlook their diet while breastfeeding. High quality soy protein helps fulfil the protein dietary needs of mothers to support a smoother breastfeeding journey.



Ease Stomach Gastritis

Packed daily commitments could lead to skipped meals, which may cause indigestion, burning, abdominal bloating or gastritis in the long run. The convenient and nutritious soy protein provides mothers a quick meal anytime, anywhere. Study has also shown that a soy protein base reduces the production of gastric acid secretion and keeps stomach healthy⁶.



References:

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