

What Protein Powders are Low FODMAP?



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If you are an athlete, or trying to gain weight, then protein powders can be a good way to supplement your diet. Just remember it is easy to get enough protein in your diet if you are eating a wide variety of low FODMAP foods. If you choose to use a protein powder, then this blog article will help you find one that is safe and isn't filled with high FODMAP ingredients.

What Protein Powders are Safe?

Whey protein products (FODMAP Content Varies)

Whey protein is produced during the cheese making process, where enzymes are used to separate the curd from the liquid whey ([Whey of Life, 2015a](#)). The whey is then dried and turned into a powder form ([Whey of Life, 2015a](#)). The amount of processing determines how much lactose is left in the product, and whether the whey powder is suitable for the low FODMAP diet.

Whey Protein Concentrate (High FODMAP unless labelled lactose free)

Whey protein concentrate is not low FODMAP unless it states it is lactose free ([Whey of Life, 2015b](#)). This type of whey protein normally contains between 4-8% lactose ([Whey of Life, 2015b](#)).

Whey Protein Isolate (Low FODMAP)

Whey protein isolate contains little or no lactose (less than 1%) ([Whey of Life, 2015b](#)), which makes it a good source of protein for those with lactose intolerance or on the low FODMAP diet ([Catsos, 2014](#)). This type of whey protein is the purest form of whey and it is also low in fat ([Whey of Life, 2015b](#)).

Hydrolyzed Whey Protein (Hydrolysate) (High FODMAP unless labelled lactose free)

Hydrolyzed whey protein is created by exposing the whey protein to heat, acid or enzymes that break apart the bonds linking amino acids ([Volek, 2015](#); [Whey of Life, 2015b](#)). This makes the whey protein more easily absorbed by your body. Hydrolyzed Whey Protein contains between 0.5% to 10% lactose ([Whey of Life, 2015b](#)). This means it is only low FODMAP if the product states that it contains little or no lactose (less than 1%).

Rice Protein (Low FODMAP)

Rice protein powder is considered low FODMAP. According to the Monash app brown rice protein (sprouted, organic) is low FODMAP in 2 tablespoon (40g) serves ([Monash Low FODMAP App](#)).

Pea Protein (Low FODMAP in small serves)

According to Monash University pea protein supplement is low FODMAP in 2 tablespoon (40g) serves ([Monash Low FODMAP App](#)). Kate Watson, registered dietitian and founder of [Nicer Foods](#) (they make low FODMAP protein bars), has had pea protein independently tested via the Australian based [FODMAP Friendly Food Certification program](#). Their data also shows that pea protein is considered low FODMAP in small servings of 20g or less (Kate Watson, personal communication, 20 July, 2015).

Soy Protein (Possibly Low FODMAP)

Soy protein powder is made from defatted soybean flakes that are processed to remove some of the oligosaccharide content. Soy protein concentrates have much of the indigestible oligosaccharides removed "such that the raffinose content is less than about 0.5% and the stachyose content is less than about 3%" ([Johnston, 1999](#)). While soy protein isolate has even lower levels of oligosaccharides, with negligible amounts of raffinose and less than 2% stachyose in the final product ([Johnston, 1999](#)).

According to Monash University, soy milk made from soy protein is low FODMAP ([Monash University App, 2014](#)). So it is possible that soy protein powder is low FODMAP, however that will depend on how it has been processed. More testing is needed to understand the FODMAP content in soy protein powders. In the meantime, if you do decide to use soy protein powder, choose soy protein isolate powder that contains low amounts of fibre or no fibre content (the oligosaccharides hide in the soybean fibre).

Egg Protein (Low FODMAP)

Eggs are protein and do not contain carbohydrates, which means they contain no FODMAPs ([Monash University App, 2014](#)). Egg protein powder is usually made solely from egg whites and the egg yolks are removed to reduce the fat and cholesterol content of the powder. Egg protein powder is a good low FODMAP option ([Catsos, 2014](#)).

Hemp Protein (Potentially High FODMAP)

Despite many websites claiming that hemp protein powder does not contain oligosaccharides, these claims have not been scientifically backed. Monash University has not tested hemp protein powder yet. Nicer Foods have independently tested hemp protein and they found that it is only low FODMAP in serving sizes of 10g or less (about one tablespoon) (Kate Watson, personal communication, 20 July, 2015). Larger serving sizes contain moderate to high levels of FODMAPs. If you decide to try hemp protein, test your tolerance level with a small serving size first.

Sacha Inchi Protein (Low FODMAP)

Sacha Inchi protein (sometimes called Inca Inchi) comes from seeds harvested from a Peruvian plant ([SFI Superfoods, 2015](#)). These seeds are high in protein and omega 3s ([SFI Superfoods, 2015](#)). Nicer Foods have also independently tested sacha inchi protein, and they have discovered that it is low FODMAP, even in large serving sizes of 100g (Kate Watson, personal communication, 20 July, 2015). This means sacha inchi is a safe protein powder for the low FODMAP diet.

What other ingredients can make protein powder high FODMAP?

If you are buying a flavoured protein powder you need to check for added high FODMAP ingredients. Below are some of the common high FODMAP ingredients added to protein powders:

Inulin (dietary fibre), chicory root, fructo-oligosaccharides (FOS), fructose, fruit sugar, fructose syrup, crystalline fructose, HFCS, isolmalt, xylitol (E967), sorbitol (glucitol, E420), mannitol (E421), maltitol (E965), and other sweeteners ending in 'ol', beet fibre, and dried high FODMAP fruit.

Final Thoughts

When choosing your low FODMAP protein powders, rice protein, egg protein, sacha inchi protein, and whey protein isolate powders are all safe low FODMAP choices. When buying flavoured protein powders, make sure you check for other high FODMAP ingredients. I want to say a big thank you to Kate Watson from Nicer Foods for sharing her FODMAP knowledge with us. For more helpful articles please follow us on [Facebook](#) or sign up to our weekly newsletter.

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