

# Protein Product Label Checklist

Use this checklist when you are deciding whether a soy milk, protein powder, bar, or vegetarian meat alternative is worth the guesswork today.

## 1. Identify the Base

- I can clearly identify the main protein source.
- If this is soy milk, it is made from soy protein rather than whole soybeans.
- If this is a plant milk, it is calcium fortified.

## 2. Scan the Risk Ingredients

- I do not see inulin or chicory root.
- I do not see sorbitol, mannitol, xylitol, or another sugar alcohol.
- I do not see honey or dried fruit blends doing too much of the sweetening.
- I do not see onion or garlic in a meat alternative or flavor blend.
- I do not see a long fibre or gum blend that makes the product harder to judge.

## 3. Check the Serving

- I know the serving size I would actually use.
- The serving looks realistic for a meal or snack, not just a tiny test amount.
- I would still feel okay using this product alongside the rest of the meal.

## 4. Make the Simpler Choice If Needed

- If the label still feels unclear, I am willing to choose a plainer food-first protein option today.
- I am not treating every product as interchangeable just because it says high protein.

## Better Starting Points

- Soy milk made from soy protein
- Short-ingredient protein powders
- Products already tolerated and easy to verify
- Simple whole-food meals built around tofu, tempeh, eggs, or lactose-aware dairy

## Riskier Shortcuts

- Whole-soybean milks
- Powders with added fibres and sweeteners
- Bars with honey, chicory, or polyols
- Vegetarian meat alternatives with onion, garlic, or wheat-heavy filler blends

## Notes

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