



# *1 Hour Seminar Class*

## Deciphering Protein Powders & Their Uses

[Class Location: The Active Living Center on the lower level of the Andover/North Andover YMCA](#)

This Seminar flows with the Food Journal Workshop and the Basic Nutrition classes that run intermittently throughout the year. It is included in your Merrimack Valley YMCA membership.

This is for individuals that already use or have never used protein powders but are curious as to what they are and their uses. It will cover basic protein powders and a couple of variant powders that could be used as meal replacements and all of the ingredients they contain. We will look at the amount of protein different individuals should consume on a daily basis. This class will not cover advanced bodybuilding supplements. You will get more out of this class if you already taken the Basic Nutrition class, but it is not a prerequisite. You can bring in labels from powders you are using if you want them assessed. This class runs intermittently throughout the year, For more information or to register please email Paul Discipio: [pdiscipio@mvymca.org](mailto:pdiscipio@mvymca.org)

### The Class includes information on:

- **How many grams of protein you should consume per day.** You will get a range based on exertion levels per day.
- **The Four Basic Variables in Protein Powders:** Protein Concentrates and Protein Isolates. Animal Based Protein Powders and Vegetarian Based Protein Powders.
- **The Many Uses for Protein Powders:** Shakes, Smoothies, Baked Goods, Home-made Protein or Energy Bars, Hot Meals, and Sauces.