

GRAZIA BEAUTY



HEALTHY(ISH!)

WITH SUSANNAH TAYLOR

CAN WE PLEASE DISCUSS PROTEIN POWDERS



Do I really need protein powder in my life?

ONCE UPON A TIME, protein powders were associated with bodybuilders and an Arnie-style physique. Today, however, women are just as likely to be seen adding some to their daily smoothie. But, with so many products out there, there is still a great deal of confusion as to what to buy. Should we go pea, hemp or whey? When should we take it and what with?

First things first, protein powder won't make us sprout bulked-up biceps overnight. You need an unbelievable amount of training and testosterone to do that. What adding protein to your diet will do is help your muscles heal post workout so you build lean muscle. The more lean muscle we have, the more fat we will burn, which is why most nutritionists recommend protein at every meal. Importantly, amino acids in protein are the building blocks for almost every cell in our bodies, and protein powder can improve everything from brain function to skin, nails, hair, ligament and tendon health, energy levels and digestion. Shouldn't we get protein from our diet?

Yes, but most of us are not up for a chicken omelette at breakfast, explains Lee Mullins, founder of The Workshop Gym group, who has a range of supplements. 'If you don't have time for cooking breakfast, a protein powder shake can provide a healthy boost.' Lee says a scoop of protein powder is also useful if you're someone who reaches for a mid-morning KitKat. 'A protein shake will keep you fuller for longer compared to carbohydrates and stop you making bad food decisions,' he says. And what to mix it with? If you're on the go and replacing breakfast you can add it to a smoothie, if you are trying to lose weight and it's a snack, stick to water or, if it's post workout, mix it with coconut water, nut or plant milk.

But not all protein powders are created equal, and many are loaded with enough flavouring, sugar and artificial colouring to rival Ben & Jerry's. The following brands have moved away from the Muscle Mary vibe and gone the extra mile to create products that really enhance both body and mind...

Workshop Post Workout Organic Chocolate Pea Protein Formula, £55 for 450g

Lee Mullins has used pea protein as he says it's much easier to digest than whey. Free from gluten, lactose, sucrose and fructose. workshopgymnasium.com

Supernova Women 01 Blend, £35 for 480g

Vegan Laura Beckford has created a protein product with additional ingredients such as adaptogens to counteract stress and Red Maca to help balance hormones. supernovaliving.com

Neat Nutrition, from £9.95 for a week's supply

Created by two former GB swimmers, the vegan blends use pea and hemp and their whey blend is sourced from grass-fed cows in the UK. The powders have had as little processing as possible. neat-nutrition.com

@susannahataylor_

HEALTH IN YOUR HANDBAG

SCALP DESTRESSING

Inspired by ancient Chinese beauty rituals to stimulate stressed scalps and ease tension, the Glow Bar's Amethyst or Rose quartz crystal combs will soothe and smooth. £50, glowbarltdn.com



FLIGHT ATTENDANT

New travel supplement Jet Fuel has been formulated with an aviation scientist to help counter the effects of travel and jet lag. There are three sachets: Health, Performance and Rest. From £36, 15thdegree.com



HEALTHY NAILS TO-GO

Remove And Chill is a game-changer for nail varnish removal. It contains no acetone, just natural oils. £14.25, thisisbeautymart.com



PHOTOS: ED MILES, GETTY IMAGES

