

## Fit Mommy Energy on the Go

Written by Lisa Robins

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### Busy Moms On the Run.... Do you Know What's in Your Smoothie?

**No time to feel a fizzle in your shizzle. Moms are infamous for grabbing meals and snacks on the go, or even worse, skipping calories while torching through the day's hit-list... with simply not enough fuel.**

Lisa is a local fitness expert and proud Mom of 2, with a passion to inspire Moms and kids to be healthy and fit. When she is not training her clients, or developing cutting-edge wellness programming exclusively for La Camarilla Racquet & Health Club, she shares her knowledge in many national fitness magazines and websites such as Oxygen, Max Muscle, M&F Hers and Brooke Burke's ModernMom.com. [www.LisaRobinsFitness.com](http://www.LisaRobinsFitness.com)

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As a busy Mom myself, I am well aware of the smoothie runs at the local juice bar, as well as the never-ending scooping syndrome. My ever-disappearing 10-pound tub of powdered protein that I rely on for instant energy can easily be my hero, saving me from the dreaded blood-sugar drops that can sabotage my daily quest for fired-up efficiency. For me, the outstanding nutritional benefits, as well as pure convenience of getting quick calories in my body between teaching classes, training clients and simply being on-the-go, has become a habit that I simply cannot break. Now imagine knowing that the "nutritious" formulation you have been adding to your fresh fruit and vitamin boosters may be highly contaminated with deadly ingredients...Not so good!

With the recent, disturbing news that many protein powders available in the market today are highly contaminated with arsenic and other dangerous chemicals, it is crucial that you are aware of where your protein powder is coming from. According to Consumer Reports, who tested 15 well-known protein powders for arsenic, cadmium, lead, and mercury, it was concluded that with just three servings a day, many of these proteins exceeded the USP limits for ingesting these dangerous chemicals.

### **Navigating the Market: How to Pick the Perfect Protein**

Read, read, read! Chances are, if you choose a protein powder with clean ingredients, you can bet that the processing of the product is legitimate. The information is right in front of you. The reputable companies not only tell you what's inside your tub, but will also explain their production process, as well.

Look for these terms when choosing the right protein powder:

No artificial flavors

No artificial colors

No artificial sweeteners

Aspartame-free Steroid Free/ Hormone-free dairy sources Grass-fed dairy sources

Naturally sweetened with stevia

Gluten-free Cold-processed extraction process

Micro-filtered PH-Buffered

Avoid products that contain the may contain the following ingredients:

Fructose, glucose, maltodextrin, msg, aspartame, sucralose, high fructose corn syrup ...and of course, sugar!