

Soundbite script – Why lead in protein powder is raising red flags

Nicole O'Neill, dietitian, OSF HealthCare

"The concern is lead as a heavy metal probably shouldn't be in our bodies. Sure, makes all kinds of sense. There are systems in place in our bodies that there's things that we can do to mitigate that. But if you're eating a protein shake daily and it has a significant amount of lead in it, that could be problematic." (:25)

Nicole O'Neill, dietitian, OSF HealthCare

"If you do a lot of gardening, lead is in the dirt. If you work in a garage, lead can be in the batteries or the paint. If you're renovating a home, it's going to maybe be in the paint or some of the other building materials." (:18)

Nicole O'Neill, dietitian, OSF HealthCare

"People who need a protein shake are people who just don't eat enough, they have a poor appetite, or they're just never hungry in the morning. People who are trying to build muscle, like an athlete, especially a younger athlete who's trying to really bulk up, food is always going to be a better option." (:21)

Nicole O'Neill, dietitian, OSF HealthCare

"My biggest gripe with a protein shake is it's pretty one dimensional. You drink it down, it's gone. Whereas food, you chew it, it takes a little bit more time and you get some actual satisfaction out of it." (:13)

Nicole O'Neill, dietitian, OSF HealthCare

"You need protein. If you find yourself in a position where you need more protein, you're not getting enough, a protein shake does make sense." (:11)