



Is TikTok's Protein Soda Trend Healthy? A Dietitian Weighs In

Description

For better or worse, TikTok has emerged as a fertile ground for nutrition trends, with some fads warranting scrutiny while others propagate questionable health advice. Among the latest phenomena is the "protein soda" trend, seemingly inspired by the Hulu reality series, *Secret Lives of Mormon Wives*. This trend melds pre-made protein beverages with soda, ostensibly resulting in a palatable, protein-rich concoction.

Opinions on the allure of protein soda are divided; some find the concept unappetizing, while others deem it delectable. However, the critical inquiry remains: is this trend healthful? As a dietitian, my perspective necessitates an examination of whether protein soda aligns with established dietary recommendations.

Protein soda typically consists of two principal components: ready-to-consume protein drinks and various sodas. Its virality can be attributed in part to influencers such as Rebecca Gordon and Sadie Reeves, whose enthusiastic endorsements depict the beverage as akin to an ice cream float.

Yet, the potential health ramifications are less enticing. While adding protein to a carbonated beverage may seem expedient, such liquid forms of nutrition often fail to satiate the appetite as effectively as whole foods, possibly precipitating increased hunger and subsequent overeating. Additionally, many commercially available protein shakes and sodas contain added sugars or artificial sweeteners, which could contribute to chronic health issues, including Type 2 diabetes and heart disease.

Overall, while the convenience of this beverage may appeal to some, my recommendation is to favour whole food protein sources, such as legumes, nuts, and lean meats, which provide additional nutritional benefits beyond mere protein content. Engaging with trending diets might provide temporary excitement but prioritizing sustained health through balanced nutrition and informed choices ultimately reigns supreme over fleeting social media phenomena. Adopting a judicious approach to dietary experimentation will yield long-term benefits, ensuring that health remains paramount over trends.

Vocabulary List:

1. **Phenomena** /fə'nɒm.i.nə/ (noun): Observable events or occurrences especially those considered extraordinary.
2. **Concoction** /kən'kɒk.jən/ (noun): A mixture of various ingredients.
3. **Expedient** /ɪk'spi:.di.ənt/ (adjective): Convenient and practical although possibly improper or immoral.
4. **Satiate** /'seɪ.ji.ət/ (verb): To satisfy a desire or appetite fully.
5. **Ramifications** /,ræm.i.fɪ'keɪ.jən/ (noun): Consequences or outcomes often complex or unwelcome.
6. **Judicious** /dʒu:'dɪʃ.əs/ (adjective): Having showing or done with good judgment or sense.



Comprehension Questions

Multiple Choice

1. What is the main trend discussed in the text?
Option: Protein bars
Option: Protein soda
Option: Meal delivery services
Option: Intermittent fasting
2. Who are the influencers mentioned in relation to the protein soda trend?
Option: Taylor Swift and Beyoncé
Option: Rebecca Gordon and Sadie Reeves
Option: Kim Kardashian and Khloe Kardashian
Option: Brad Pitt and Angelina Jolie
3. What is a concern mentioned about protein soda?
Option: It helps with weight loss
Option: It may lead to overeating
Option: It improves heart health
Option: It reduces hunger
4. What alternative protein sources are recommended in the text?
Option: Fast food
Option: Whole foods like legumes and nuts
Option: Sugary snacks
Option: Processed meats
5. What potential health issues are linked to commercially available protein shakes and sodas?
Option: Improved immune system
Option: Type 2 diabetes and heart disease
Option: Stronger bones
Option: Enhanced vision
6. What is suggested as the best approach to dietary choices in the text?
Option: Following the latest trends



- Option: Balanced nutrition and informed choices
- Option: Eating only protein shakes
- Option: Ignoring whole foods

True-False

- 7. Protein soda trend is universally accepted as a healthy choice.
- 8. Protein soda typically consists of protein drinks and ice cream.
- 9. Engaging with trending diets always leads to sustained health benefits.
- 10. Commercially available protein shakes and sodas may contain added sugars.
- 11. Whole foods like legumes and nuts are recommended as alternative protein sources.
- 12. Balanced nutrition is prioritized over fleeting social media phenomena in the text.

Gap-Fill

- 14. Protein soda may not effectively satiate the appetite as whole foods, possibly leading to increased _____.
- 15. Many commercially available protein shakes and sodas contain added sugars or artificial _____.
- 16. Prioritizing sustained health through balanced nutrition and informed choices ultimately reigns supreme over fleeting social media _____.
- 17. Adopting a judicious approach to dietary experimentation will yield long-term benefits, ensuring that _____ remains paramount over trends.



18. The main components of protein soda include ready-to-consume protein drinks and various

Answer

Multiple Choice: 1. Protein soda 2. Rebecca Gordon and Sadie Reeves 3. It may lead to overeating 4. Whole foods like legumes and nuts 5. Type 2 diabetes and heart disease 6. Balanced nutrition and informed choices

True-False: 7. False 8. False 9. False 10. True 11. True 12. True

Gap-Fill: 14. hunger 15. sweeteners 16. phenomena 17. health 18. sodas

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of nutrients provide the body with energy and are required in large amounts?

Option: Probiotics

Option: Macronutrients

Option: Phytonutrients

Option: Antioxidants

2. Which term refers to the ability to be maintained at a certain rate or level?

Option: Modifiability

Option: Adaptability

Option: Sustainability

Option: Scarcity

3. Which term relates to the biochemical processes that occur within an organism?

Option: Genetic

Option: Biological

Option: Metabolic

Option: Immunological

4. Which field of study deals with nutrients and their effects on health and disease?

Option: Biology

Option: Chemistry

Option: Fitness

Option: Nutrition



5. Which term describes something that is present appearing or found everywhere?

- Option: Scarce
- Option: Ubiquitous
- Option: Obsolescent
- Option: Ephemeral

6. Which term means to have a mutual relationship or connection in which one thing affects or depends on another?

- Option: Alienate
- Option: Nullify
- Option: Correlate
- Option: Contradict

7. Which term refers to a long duration of individual life or the length of life?

- Option: Ephemeralness
- Option: Longevity
- Option: Transientness
- Option: Briefness

8. Which term describes something that is made by combining different substances?

- Option: Natural
- Option: Organic
- Option: Synthetic
- Option: Botanical

9. Which term means to make or become less?

- Option: Magnify
- Option: Augment
- Option: Amplify
- Option: Diminish

10. Which term means to make an action process or movement easier or smoother?

- Option: Hinder
- Option: Impede
- Option: Block
- Option: Facilitate

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Making _____ decisions is essential in maintaining a balanced lifestyle.



12. The chef prepared a unique _____ of flavors in the signature dish.
13. Injuries from sports activities are _____ among teenagers.
14. Certain lifestyle habits are _____ and can be changed to improve health.
15. Efforts to _____ the effects of climate change are crucial for the planet's future.
16. Despite her _____ she decided to take on the new challenge.
17. The chosen solution was the most _____ way to address the issue at hand.
18. After a hearty meal he felt _____ and content.
19. Setting clear _____ helps individuals stay focused on their goals.
20. The decision had far-reaching _____ that affected the entire company.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The professor tried to the complex theory to the students for better understanding.
22. Alzheimer's disease is characterized by changes in the brain.
23. Due to genetic factors some individuals have a higher to certain diseases.
24. The of diabetes has been increasing worldwide in recent years.
25. Successful athletes follow a training regimen to improve their performance.
26. The discovery of penicillin was a breakthrough of great in the field of medicine.
27. Natural disasters are powerful that can disrupt entire regions.
28. Some fabrics like polyester are materials made in laboratories.
29. The new software aims to communication between team members.
30. Mobile phones have become almost in modern society.



Answer

Multiple Choice: 1. Macronutrients 2. Sustainability 3. Metabolic 4. Nutrition 5. Ubiquitous 6. Correlate
7. Longevity 8. Synthetic 9. Diminish 10. Facilitate

Gap-Fill: 11. Judicious 12. Concoction 13. Prevalent 14. Modifiable 15. Mitigate 16. Apprehensions 17.
Expedient 18. Satiated 19. Objectives 20. Ramifications

Matching sentence: 1. Elucidate 2. Neurodegenerative 3. Susceptibility 4. Incidence 5. Consistent 6.
Significance 7. Phenomena 8. Synthetic 9. Facilitate 10. Ubiquitous

CATEGORY

1. Health - LEVEL6

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