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# TikTok's Protein Soda Trend: Dietitian's Expert Review

## Description

TikTok has become a hub for popular nutrition trends, some beneficial while others promote questionable health advice. The current buzz is around the "protein soda" trend, likely inspired by the show "Secret Lives of Mormon Wives."

This trend involves mixing pre-made protein drinks with soda to create a flavorful and protein-rich beverage. While some may find the idea of protein soda unappealing, others might think it sounds delicious. The real question, however, is whether this trend is healthy.

As a dietitian, I offer my perspective on protein soda, evaluating its alignment with healthy eating guidelines and contribution to a balanced diet.

Protein soda consists of pre-made protein drinks combined with various sodas. Influencers on TikTok, like Rebecca Gordon and Sadie Reeves, have popularized this trend by showcasing innovative variations like vanilla protein shake with orange soda or chocolate protein shake with cola.

However, it's crucial to consider individual protein requirements based on age, activity level, and health conditions. While protein soda may offer convenience and a quick protein boost, it has its drawbacks. Liquid foods may not be as filling or nutritious as whole foods, potentially leading to increased hunger and overeating.

Additionally, protein shakes and sodas often contain added sugars or artificial sweeteners, posing health risks like type 2 diabetes and heart disease. It's essential to balance protein intake with whole foods for optimal nutrition.

Ultimately, protein soda should be approached cautiously and not become a regular dietary staple. For long-term health, focus on mindful and balanced eating habits rather than fleeting trends. Consult a dietitian for personalized recommendations on protein intake to avoid potential side effects.

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## Vocabulary List:

1. **Nutritious** /nu:'trɪf.əs/ (adjective): Providing the substances necessary for growth health and good condition.
2. **Beneficial** /,bɛn.ɪ'fɪ.əl/ (adjective): Resulting in good; favorable or advantageous.
3. **Contribution** /,kɒn.trɪ'bjʊ:.ʃən/ (noun): The act of giving or doing something to help achieve or provide something.
4. **Misleading** /,mɪs'li:dɪŋ/ (adjective): Giving the wrong idea or impression.
5. **Optimum** /'ɒp.tɪ.məm/ (noun): The most favorable condition or level for growth or success.
6. **Sustainability** /sə'steɪ.nə'bɪl.ɪ.ti/ (noun): The ability to be maintained at a certain rate or level.



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## Comprehension Questions

### Multiple Choice

1. What is the current buzz in nutrition trends on TikTok?  
Option: Protein soda trend  
Option: Smoothie bowls trend  
Option: Intermittent fasting trend  
Option: Keto diet trend
2. Who are some influencers on TikTok that have popularized the protein soda trend?  
Option: Rebecca Gordon and Sadie Reeves  
Option: John Smith and Emily Johnson  
Option: David Lee and Sarah Thompson  
Option: Michael Brown and Lisa White
3. What are the potential drawbacks of consuming protein soda?  
Option: Increased hydration  
Option: Potential overeating  
Option: Improved digestion  
Option: Enhanced energy levels
4. Why is it important to balance protein intake with whole foods?  
Option: To reduce protein requirements  
Option: To avoid sugar cravings  
Option: For optimal nutrition  
Option: To increase caffeine intake
5. Which health risks are associated with consuming protein shakes and sodas?  
Option: Type 1 diabetes  
Option: Type 2 diabetes  
Option: High blood pressure  
Option: Osteoporosis
6. What is the recommended approach towards protein soda according to the text?  
Option: Make it a daily dietary staple



- Option: Approach it cautiously
- Option: Replace whole foods with it
- Option: Ignore protein requirements

### True-False

7. Protein soda trend is inspired by the show "Secret Lives of Mormon Wives."
8. Protein soda may lead to increased hunger and overeating.
9. Consulting a dietitian for personalized recommendations on protein intake is not necessary.
10. Protein shakes and sodas often contain added sugars or artificial sweeteners.
11. Balancing protein intake with whole foods is important for long-term health.
12. Liquid foods like protein soda are always as filling and nutritious as whole foods.

### Gap-Fill

13. The protein soda trend is currently popular on \_\_\_\_\_.
14. Individuals should consider their protein requirements based on age, activity level, and health \_\_\_\_\_.
15. For long-term health, it is essential to focus on mindful and balanced eating \_\_\_\_\_.
16. Protein soda should not become a regular dietary \_\_\_\_\_.
17. Consulting a dietitian for personalized recommendations on protein intake helps to avoid potential \_\_\_\_\_ effects.
18. It is crucial to balance protein intake with whole foods for optimal \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Protein soda trend 2. Rebecca Gordon and Sadie Reeves 3. Potential overeating 4. For optimal nutrition



5. Type 2 diabetes 6. Approach it cautiously

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

**Gap-Fill:** 13. TikTok 14. conditions 15. habits 16. staple 17. side 18. nutrition

## Vocabulary quizzes

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

1. Which type of food is described as being rich in nutrients relative to its calorie content?

Option: Fried food

Option: Processed snacks

Option: Nutrient-dense food

Option: Sugary desserts

2. What is the term used to describe the collection of microorganisms in a particular environment such as the gut?

Option: Bacteriome

Option: Virobiome

Option: Microbiome

Option: Cellularbiome

3. Which category of substances is known to help the body adapt to stress and exert a normalizing effect upon bodily processes?

Option: Adaptogens

Option: Stimulants

Option: Depressants

Option: Hallucinogens

4. Which group includes carbohydrates, proteins, and fats due to their requirement in relatively large amounts by the body?

Option: Micronutrients

Option: Tracenutrients

Option: Primary nutrients

Option: Macronutrients

5. What term describes the act of ensuring that the body receives adequate amounts of different nutrients for optimal health?



- Option: Overloading
- Option: Balancing
- Option: Deficiency
- Option: Exempting

6. Which term refers to working together with others for a common goal or objective?

- Option: Competition
- Option: Collaboration
- Option: Isolation
- Option: Independence

7. What are beliefs or opinions about something that are incorrect or based on faulty reasoning?

- Option: Accurate views
- Option: Misconceptions
- Option: Facts
- Option: Truths

8. What term is used to describe the best or most favorable condition or level for something to function?

- Option: Minimum
- Option: Optimum
- Option: Maximum
- Option: Average

9. Which term refers to practices that meet the needs of the present without compromising the ability of future generations to meet their needs?

- Option: Disposable
- Option: Sustainable
- Option: Wasteful
- Option: Unstable

10. Which term is used to describe something that is tailored to meet individual preferences or requirements?

- Option: Generic
- Option: Impersonal
- Option: Standardized
- Option: Personalized

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

11. \_\_\_\_\_ is the drive or reason behind actions, choices, or behavior.



12. Regular \_\_\_\_\_ of progress is essential to track improvements and make adjustments.
13. Regular exercise has many \_\_\_\_\_ effects on both physical and mental health.
14. Volunteering your time can make a meaningful \_\_\_\_\_ to the community.
15. Researchers gained valuable \_\_\_\_\_ into the effects of climate change on marine life.
16. Advertisements can sometimes be \_\_\_\_\_, leading consumers to make uninformed choices.
17. The impact of a healthy diet on overall health is often \_\_\_\_\_ by many people.
18. A good night's sleep is important for \_\_\_\_\_ brain function and emotional well-being.
19. Personal growth often involves a process of self-discovery and \_\_\_\_\_.
20. The report provides a \_\_\_\_\_ overview of the current state of the economy.

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

21. Developing effective strategies to manage stress and challenges is essential for maintaining mental well-being.
22. Staying dedicated and focused on a goal, despite obstacles, is a key factor in achieving success.
23. Supporting a friend through a difficult time can be incredibly valuable in helping them overcome obstacles.
24. Traveling to new places and experiencing different cultures can have a profound impact on one's perspective on life.
25. Tailoring a workout plan to match an individual's fitness level and goals can lead to better results.
26. The interconnected web of living organisms and their environment in a specific area forms a delicate ecosystem.
27. Adopting eco-friendly practices and reducing waste are crucial steps toward achieving environmental sustainability.



28. Each individual has the capacity to make positive contributions to society through acts of kindness and generosity.

29. Education and awareness campaigns are essential in dispelling common myths and about certain topics.

30. Carbohydrates, proteins, and fats are examples of essential needed for optimal bodily functions.

## Answer

**Multiple Choice:** 1. Nutrient-dense food 2. Microbiome 3. Adaptogens 4. Macronutrients 5. Balancing 6. Collaboration 7. Misconceptions 8. Optimum 9. Sustainable 10. Personalized

**Gap-Fill:** 11. Motivation 12. Monitoring 13. Beneficial 14. Contribution 15. Insights 16. Misleading 17. Underestimated 18. Optimal 19. Transformation 20. Comprehensive

**Matching sentence:** 1. Coping 2. Commitment 3. Aiding 4. Transformative 5. Personalized 6. Ecosystem 7. Sustainability 8. Contributions 9. Misconceptions 10. Macronutrients

## CATEGORY

1. Health - LEVEL5

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