

# PROTEIN FORTIFIED FOODS

Protein fortified foods are foods in which extra protein has been deliberately added during manufacturing to increase their protein content.

Studies have shown that commercially manufactured 'Protein Fortified Foods' (PFF) present no additional risk of containing substances banned in sport than other processed foods. This is the result of high quality food manufacturing standards in Ireland.

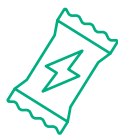
However, some shops or cafés prepare and sell protein fortified foods that contain unidentified protein ingredients or added botanical ingredients (such as Maca powder). These products are higher risk PFFs. PFFs containing hemp protein ingredients may contain trace amounts of the banned substance Tetrahydrocannabinol (THC) and should be avoided by athletes.

## Low Risk PFFs



### Breakfast foods (cereals)

Weetabix Protein, Aldi Harvest Morn  
Protein Granola, Fuel10k Protein Granola\*



### Cereal/Nut Bars

Fuel Protein Bars, Kind Protein Bars,  
Trek Protein Flapjacks



### Dairy

Glenisk High Protein Greek Yogurt, Lidl  
Milbona Protein Pudding



### Protein Drinks

Avonmore Protein Milk, Barebells  
Milkshakes, Avonmore Protein Coffee



### Batch-Tested Protein Supplements\*

Kinetica Whey Protein, Optimum  
Nutrition Gold Standard Whey, SIS Whey

\*Products listed are examples only. Other options exist. Athletes and ASP must exercise due diligence and remember the principle of strict liability - athletes are strictly responsible for what goes into their body.



### Foods from cafés/ Fast Food Outlets

Homemade/Unnamed Protein Balls,  
Smoothies with added protein



### Foods with hemp ingredients

Naturya Hemp Protein Powder.  
Hemp Heroes Protein Powder



### Foods with botanical ingredients\*\*

Protein World Slender Blend,  
SuperU Plant Protein

\*\*Botanicals are ingredients that come from plants such as leaves, roots, seeds, or flowers and are often used in foods, supplements, or health products for their natural properties.



### Non-batch tested protein powders, pre-workouts\*\*\*

Bulk Pure Whey Protein, C4 Pre-Workout

\*\*\*Protein supplements are not PFFs but it can be hard to tell the difference. If the first ingredient listed on the product label is protein, it is likely considered a protein supplement. If you are unsure whether it's a PFF or a protein supplement (e.g. high protein bar) ensure that the product is batch tested.



Use Informed Sport to check if the supplement has been batch tested - <https://sport.wetestyoutrust.com/>

If you require further information please contact us at [cleansporteducation@sportireland.ie](mailto:cleansporteducation@sportireland.ie)