

Sizing Up Hemp Protein Powder to *Whey* , *Soy* , and *Pea*



Protein Powder Comparison Chart

Feature	Hemp Protein	Whey Protein	Soy Protein	Pea Protein
Protein Type	Plant-based, whole food	Dairy-based (byproduct of cheese)	Plant-based (from soybeans)	Plant-based (from yellow peas)
Complete Protein	✓ Yes (all 9 essential amino acids)	✓ Yes	✓ Yes	✗ No (low in methionine)
Digestibility	✓ Easy on digestion	✗ Can cause bloating, gas	⚠ Can be hard on some stomachs	✓ Generally easy to digest
Fiber Content	★ High (supports gut health)	✗ None	⚠ Low	✗ Very low
Omega-3 Fats	✓ Rich in anti-inflammatory ALA	✗ None	✗ None	✗ None
Common Allergens	✓ Free from top allergens	✗ Contains dairy	⚠ Common allergen (soy)	✓ Allergen-friendly
GMO-Free	✓ Naturally non-GMO	✗ Often GMO-fed dairy	✗ Most soy is GMO unless labeled	✓ Usually non-GMO
Sustainability	✓ Eco-friendly crop	✗ Resource-intensive (dairy production)	⚠ Mixed—depends on source	✓ Sustainable crop
Processing Level	★ Minimally processed	✗ Heavily processed (isolate or concentrate)	✗ Highly processed isolates	⚠ Moderately processed
Flavor	Mild, nutty, earthy	Mild to sweet (often flavored)	Beany or chalky	Earthy, sometimes gritty
Best Use	Smoothies, baking, energy bites	Muscle shakes, weight gain	Shakes, bars	Blended smoothies, vegan products
Bonus Nutrients	Magnesium, iron, zinc, omega-3s, fiber	Calcium (if fortified)	Isoflavones (may affect hormones)	Iron, but lower overall profile



1 Ingredient 20-amino acids. What's in Your Protein Powder?