

# PROTEIN FORTIFIED FOOD

A study conducted by the AIS, Sport Australia and Sport Integrity Australia has found 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 Australia.

However, some shops or cafes prepare and sell protein fortified foods that contain unidentified protein ingredients or added botanical ingredients (such as Maca powder) and as such 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)

Weet-bix Protein  
Uncle Toby's Oats Super Blends Protein  
Uncle Toby's Breakfast Bakes



### Cereal/nut bar

Carman's Gourmet Protein Bar  
Nice & Natural Protein Nut Bar



### Bakery

Green's Protein Buttermilk Pancake Mix  
The Healthy Baker Protein Muffin Mix



### Dairy/dairy-free

Streets Blue Ribbon Protein Bar Ice-cream



### Drinks

Up & Go Protein Energize



### Frozen Foods

Super Nature Super Protein Wellness Bowl  
Coles PerForm frozen meals



### Batch-tested protein supplements\*

Supplements listed on the Sport Integrity app

## HIGH RISK PFFs



### Foods from cafes/food outlets

Un-named Protein Balls  
Smoothies with added Protein Powder



### Foods with hemp ingredients

Macro Protein Muffin Banana & Chia



### Foods with botanical ingredients

Crankt Protein Bar



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

Protein supplements, pre-work outs not listed on the Sport Integrity app

\*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) look for batch-tested options.

The examples above are a guide – if you have questions about the risk of any product, contact Sport Integrity Australia at 1300 027 232.



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