



Dr. Berg®

THE KNOWLEDGE DOC®

HIDDEN DANGERS OF HIGHLY REFINED PROTEINS



Refined proteins are a health hazard you didn't know about

- Refined proteins are heavily processed ingredients isolated from their natural source, creating unnatural compounds your body doesn't recognize.
- Because of their modified structure, these proteins can cause inflammation and trigger severe immune responses, especially in infants and children.¹
- Protein isolates are extracted using hexane, a neurotoxic chemical that can cause central nervous system damage.²
- While some refined proteins are derived from milk, most are made from genetically modified (GMO) grains contaminated with glyphosate, an herbicide linked to cancer and reproductive problems.³
- Highly refined proteins don't offer the same nutritional value as natural protein sources because they're poorly absorbed and not effectively utilized by the body.



Highly refined proteins are hiding in many everyday foods

Food manufacturers use refined protein isolates to improve texture, increase shelf life, and enhance the flavor of ultra-processed foods (UPFs).

Seemingly healthy plant-based meat alternatives are packed with refined proteins to replicate the texture and taste of animal-based meats. However, these UPFs are anything but healthy and lack the nutrients needed to maintain health and well-being.

Common sources of modified starches:

- Low-fat and diet products
- Low-carb ready meals
- Plant-based meat alternatives
- Processed meat, poultry, and seafood
- Processed cheese
- Vegan products
- Coffee creamers
- Frozen desserts
- Baked goods
- Protein bars
- Protein shakes and powders
- Meal replacement drinks
- Snack foods

Did you know? Soy protein, a common ingredient in lactose-free infant formula, has been linked to stunted growth, liver disease, and breast cancer.⁴



How to spot highly refined proteins

There are no rules that labels must declare a protein as modified or structurally altered, obscuring dangerous ingredients behind ordinary-sounding names.

Look out for these ingredients to avoid highly processed proteins:

- Soy protein isolate
- Soy protein concentrate
- Hydrolyzed soy protein
- Soy protein
- Wheat gluten
- Textured vegetable protein
- Hydrolyzed corn protein
- Calcium caseinate
- Sodium caseinate
- Potassium caseinate
- Casein protein
- Micellar casein
- Milk protein isolate
- Milk protein concentrate
- Hydrolyzed casein

¹ [https://www.jaci-inpractice.org/article/S2213-2198\(19\)30175-8/abstract](https://www.jaci-inpractice.org/article/S2213-2198(19)30175-8/abstract)

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9655691/>

³ <https://detoxproject.org/what-is-really-in-our-food-and-supplements/>

⁴ <https://pubmed.ncbi.nlm.nih.gov/26152621/>

DR. BERG'S JUNK FOOD METER

The Junk Food Meter makes it easy to uncover the amount of junk food ingredients in your diet—no food science degree required. Scan a barcode, and the app will do the rest!

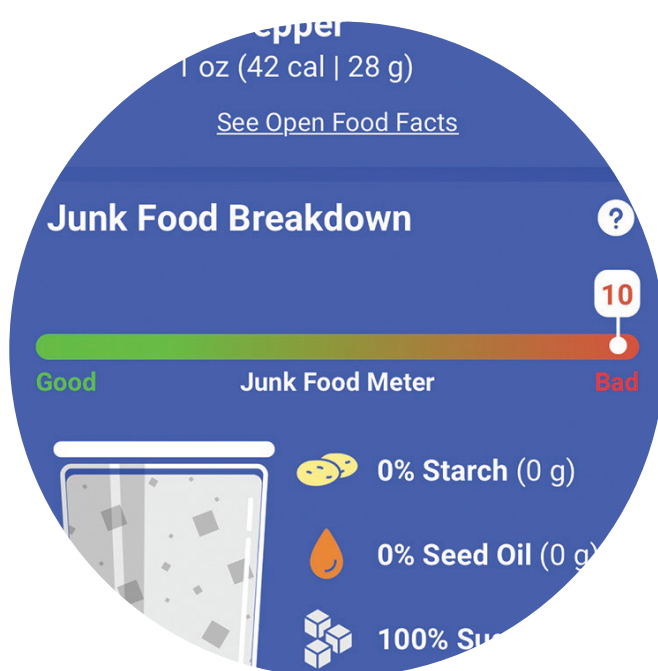
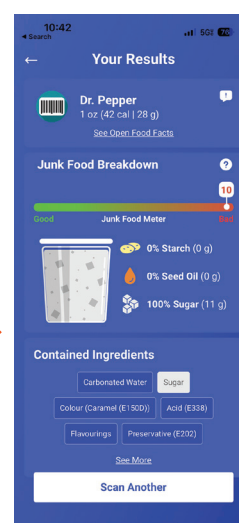
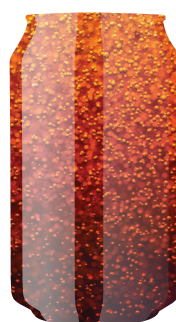


Step 1

Scan food items in pantry, refrigerator, or grocery store

Step 2

See results



Step 3

Observe rating scale to find actual food without UPF ingredients and then click to find food replacements



Download the app now