

# It's Snack Time! 5% Nutrition's Unique RTD Protein POUCHES!

written by Mike Roberto | April 12, 2022

*It's **Snack Time!** 5% Nutrition's unique take on ready-to-drink protein shakes makes its way into the industry... by way of dairy-free POUCHES!*

5% Nutrition has done it again – making a *wildly different* protein supplement that's *dairy free*. This one comes hot on the heels of the re-release of 5% Nutrition *Egg White Crystals* – a Rich Piana classic – and is a fun take on the *Shake Time* animal-based, dairy-free protein powder.



It's **Snack Time!** 5% Nutrition's unique take on ready-to-drink protein shakes makes its way into the industry... with dairy-free protein pouches!

## It's Snack Time! Peanuts and Egg Whites... in pouches!

We're talking about **Snack Time**, 5% Nutrition's latest protein snack. Not only are the protein sources – *peanuts* and *egg whites* – different from nearly all other products, the form factor is too. That's because **Snack Time** comes in ready-to-drink *pouches* – similar to the ones you see in kids' snacks!

If you're a fan of peanuts and are keeping the dairy low, these snacks with 14 grams of protein are worth getting into. Just don't be surprised if you end up having more than one, they're peanut buttery addictive. We get into the details and some studies below, but first check out PricePLOW's coupon-powered deals:

**Rich Piana 5% Nutrition Snack Time Protein – Deals and**

# Price Drop Alerts

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## 5% Nutrition Snack Time Nutrition and Macros

Each 47 gram pouch contains the following:



**PEANUT BUTTER**

**Nutrition Facts**  
10 Servings Per Container  
Serving Size: 1 Pouch (47g)

Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>260</b>
<b>Total Fat 19g</b>	<b>24%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 250 mg</b>	<b>11%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 6g Added Sugars	12%
<b>Protein 15g</b>	
<b>Vitamin D 0mcg</b>	<b>0%</b>
<b>Calcium 30mg</b>	<b>2%</b>
<b>Iron 0mg</b>	<b>0%</b>
<b>Potassium 269mg</b>	<b>6%</b>

\*Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Peanuts, Egg White, Saltwater, Oil, Cane Sugar, Palm Oil, Salt, Peanut Oil, Vanilla Extract, Cinnamon.  
Contains: Peanuts, Egg

The 5% Nutrition Snack Time Ingredients – Peanut Butter

- **Calories: 260**
- **Protein: 15g**
- **Total Fat: 19g**
  - **Saturated Fat: 3.5g**
- **Total Carbohydrate: 10g**

- **Dietary Fiber: 1g**
- **Total Sugars: 7g**
  - **Added Sugars: 6g**

## 5% Nutrition Snack Time Ingredients

Snack Time is similar to the *original* version of their *Knock The Carb Out Bars* in that it utilizes **peanuts** and *egg whites* as their main protein sources. While most flavors of those bars have changed and now include collagen and almond protein sources, the peanut / egg white combo is *back* at 5% Nutrition:

### • **Peanuts**

Like all other 5% Nutrition proteins, Snack Time is *dairy-free*. It starts with **peanuts** – plain and simple – the flavorful legumes that are extraordinarily popular around the world.[1] It's a plant-based protein, but offers a full array of essential amino acids (EAAs),[2] but is a bit low in methionine and threonine.[3]



In addition to their protein content, peanuts have a solid amount of *l-arginine*, the precursor to nitric oxide, and *resveratrol*, the potent polyphenol antioxidant.[1] Popular plant sterols such as *beta sitosterol*, *campesterol*, and *stigmasterol* are also inside.[1]

An interesting 1992 study calculated that there's as much as a *40% decline in all-cause mortality* when peanuts are routinely included in any diet.[4] Much of the data showed that peanut consumers had reduced cardiovascular disease, contributing to the factor. This has also been replicated by epidemiological data showing that "*Long-term nut consumption is linked with lower body weight and lower risk of obesity and weight gain*"[5] – but realize that this data includes other types of nuts as well.

The point is, unless you're allergic to peanuts – and if you're reading this,

by now you know if you are or not – peanuts are a healthy part of a diet. This is especially true in poor nations where protein is harder to come by.[1]

## Peanut Protein studies

There have been two studies performed on *defatted peanut protein powders* that are worth looking at. First, however, realize that they don't fully associate with Snack Time because they were concentrated (and defatted) peanut protein *powders*, and we're getting whole peanuts in this product. Regardless, it's interesting to look at for PricePLOW's readers:

**CHOCOLATE PEANUT BUTTER**

**Nutrition Facts**  
10 Servings Per Container  
Serving Size: 1 Pouch (47g)

Amount Per Serving	Calories	% Daily Value*
<b>Total Fat</b> 19g		<b>24%</b>
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 240 mg		10%
<b>Total Carbohydrate</b> 10g		<b>4%</b>
Dietary Fiber 1g		4%
Total Sugars 7g		
Includes 6g Added Sugars		12%
<b>Protein</b> 14g		
Vitamin D 0mcg		0%
Calcium 25mg		2%
Iron 0mg		0%
Potassium 230mg		4%

\*The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Peanuts, Egg White, Sunflower Oil, Cane Sugar, Alkalinized Cocoa Powder, Palm Oil, Natural Flavors, Salt, Vanilla Extract.  
Contains: Peanuts, Egg

Note that the Chocolate Peanut Butter flavor has one gram less of protein!

- The first study, published in 2020, studied the impact of giving 30 grams of protein (from 75 grams of powder) for six weeks to untrained individuals with the average age of 59. The peanut protein group had significantly greater size gains in their leg muscles compared to controls.[2] They also had a significantly greater leg strength than controls. The effects were similar for both men and women.
- The second study, published in 2021, gave 30 grams of protein (again from 75 grams of defatted powder) or a control to 47 college-aged adults with minimal training experience for ten weeks. In this study, there weren't a ton of differences against controls, although the *females* showed a significantly greater increase in lean body mass.

Curiously, the above two studies showed a few *outliers* in the peanut groups – there seem to be some “hyper responders” to the plant, but that's just conjecture.

Overall, peanut protein isn't the holy grail of protein sources, but it's delicious and sufficient as a snack. You're still going to want to eat whole foods for meals, but Snack Time is great for the in-between or post-workout spike!

- **Egg Whites**



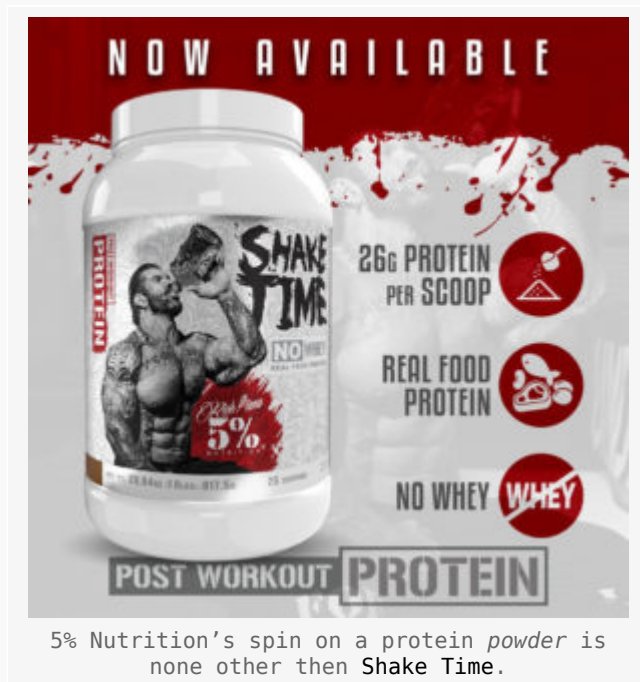
Another 5% Nutrition staple are **egg whites**, as we covered in the recently re-released *5% Nutrition Egg White Crystals*, a fan favorite at the brand.

Egg whites are popular because they're extraordinarily clean, highly bioavailable, and dairy free. They have an extremely high *rate of net protein utilization (NPU)*, scoring an amino acid score of 100.[6] In addition, thanks to their ability to assist with weight gain, their *protein efficiency ratio (PER)* is quite high compared to other proteins.[7]

There are some other medical reasons why some enjoy egg white proteins – for instance, egg white proteins are low in cholesterol and also have a low phosphorus-to-protein ratio.[8-10]

Overall, however, egg whites are simply a classic *high biological value protein* that don't bring dairy sensitivities along with them.

- **Other ingredients**



Here's where we realize that Snack Time is actually a solid *post workout* snack – there's **cane sugar** added! Sugar, which provides sucrose (glucose combined with fructose), needs no introduction. While we don't promote eating sugar and oils all day long, we *do* believe that the best time to smash some sugar is post-workout. It's really not that much though – 10 grams of carbohydrates, and 7 grams are coming from sugar (6 grams of it added).

Post workout carbs help refill glycogen stores – and if you're into this kind of thing, you definitely want to check out *Rich Piana's Freak Show*, 5% Nutrition's glucose disposal agent supplement (you'll definitely want more than 10 carbs if you take it).

There's also a blend of oils providing both saturated and unsaturated fats (but no trans fats). Remember that peanuts are definitely higher on the unsaturated side, which is generally the case for most plant-based fats.

On top of *natural flavors*, both variations have vanilla extract, and the chocolate peanut butter flavor has cocoa – but don't miss that there's also a dash of *cinnamon* added to the peanut butter flavor.

Finally, look at what's *not* inside: **no artificial sweeteners!** No need for that when you're a 5-Percenter and are cool with the added 6 grams of sugar for the gains.



## Flavors Available

Snack Time launched with two flavors, we're unsure if there will be more added over time, but they're listed below:



## It's Snack Time!

5% Nutrition has kept true to their ability to provide *dairy-free* protein options that aren't necessarily *vegan*, but are definitely functional for anyone who's lactose sensitive or simply looking for something completely different. Snack Time does that and *then* some, bringing it in a whole new form factor –

slurp pouches generally known for baby foods and kids!

This one's very simply going to come down to whether or not you like *peanuts*, as it's going to drive the majority of the flavor and macronutrients in the product. And if you are into the delicious legumes, then get ready, because *it's Snack Time!*

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