

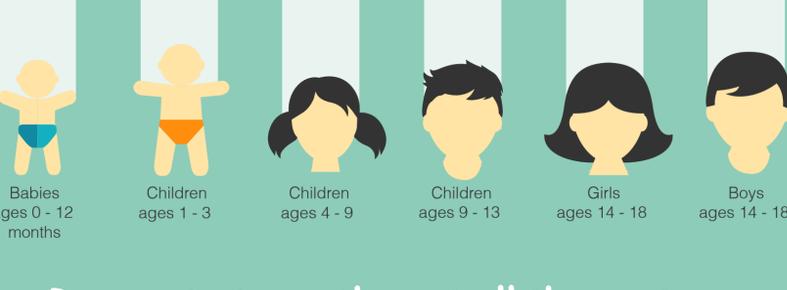
Is My Kid Getting Enough Protein?

Protein Basics

- ☞ Protein is one of the essential nutrients our children need for healthy growth and development
- ☞ It provides amino acids and enzymes to help your child's body perform basic life functions- ie: digestion, brain waves, muscle contractions, blood clotting
- ☞ Is great source of calories that doesn't cause a blood sugar spike (keeps kids calm!)
- ☞ Helps to keep your child full longer (happy, satisfied child!)
- ☞ Promotes lean muscles and growth



Daily Minimum Protein Needs For Children



Babies 0-6 months get all the protein they need from breastmilk or formula.

A Child's Dairy Needs



8 oz of whole milk contains 8 g of protein. One glass of milk is already meeting 50% of your toddler's daily need for protein.

Babies 0 -12 months should be exclusively drinking breastmilk or formula.

Recommended daily dairy needs by age:



If your child is meeting this dairy recommendation, which can include cheese, yogurt, milk, cottage cheese, soymilk, etc, he or she is already meeting the protein minimum. All the other protein your child eats, is a bonus.

Milk isn't the only way to meet your child's protein needs.

Animal Protein Sources



| | | |
|------|---------------------|-------|
| 1 oz | salmon | 7 g |
| 1 oz | chicken | 5.3 g |
| 1 | egg | 6 g |
| 3 | fish sticks | 4.8 g |
| 1 oz | 2 chicken nuggets | 4.6 g |
| 1 oz | lunch meat -ham | 4.6 g |
| 1 oz | lunch meat- chicken | 4.5 g |
| 1 oz | lunch meat -turkey | 4 g |
| 1 oz | meat sauce | 2.5 g |

Dairy Protein Sources



| | | |
|--------|-----------------------|-------|
| 1 | cheese stick | 8 g |
| 2 TBSP | cottage cheese | 3.5 g |
| 2 TBSP | ricotta cheese | 3.5 g |
| 1/4 c | mac & cheese (box) | 2.4 g |
| 1/4 c | yogurt | 2g |
| 1 TBSP | cream cheese | 1 g |
| 1 TBSP | caesar/ranch dressing | .5 g |

Conversion Tips...



Plant-Based Protein Sources



| | | |
|--------|--------------------------|--------|
| 3 | meatless chick'n nuggets | 8 g |
| 1 TBSP | nut butter | 4 g |
| 4 TBSP | plain soymilk | 3.5 g |
| 3 TBSP | cooked lentils | 3.3 g |
| 1 TBSP | hemp seeds | 3 g |
| 4 TBSP | firm tofu | 5.4 g |
| 3 TBSP | avocado | 1 g |
| 1 TBSP | pumpkin seeds | 2.5 g |
| 1 TBSP | chia seeds | 2.3 g |
| 2 TBSP | cook black beans | 2 g |
| 6 TBSP | potato | 2 g |
| 3 TBSP | quinoa | 1.5 g |
| 4 TBSP | cooked oatmeal | 1.5 g |
| 1 TBSP | hummus | 1.2 g |
| 3 TBSP | pasta | 1.13 g |
| 2 TBSP | peas | 1 g |
| 4 TBSP | cooked broccoli | 1 g |
| 4 TBSP | about 23 raisins | 1 g |
| 1/4 | medium artichoke | 1 g |

What About Non-Dairy Milks?



Here is a list comparing the protein and fat in non-dairy milk alternatives. Most of them contain some protein and fat, but not nearly as much as dairy milk.

Children and babies need 25-40% of their daily calories to come from fat. Here is the breakdown by age:

- ☞ Babies less than a year - 40%
- ☞ Toddlers 2-3 years - 35%
- ☞ Kids 4-18 years - 25-35%

Non-dairy milk may not provide enough fat to meet your child's nutritional needs, especially if your child is younger.

Amount in 1 cup of milk:

| | Cow | Soy | Almond | Coconut | Hemp | Flax | Rice | Goat |
|---------|------|------|--------|---------|------|------|------|------|
| Protein | 8g | 7g | 1g | 1g | 2g | 0g | 1g | 8g |
| Fat | 7.7g | 3.5g | 3g | 5g | 6g | 2.5g | 2.5g | 10g |

Conclusion:

If your child is eating a diet full of healthy meats, dairy, fruits, veggies, grains and fats, there is no need to worry about your child's protein intake. He or she is probably exceeding the recommended daily intake.

The information found on FeedingMyKid.com should not substitute seeking medical care and/or the advice from your pediatrician. Each child is different and advice will vary on your particular circumstances. Please consult your Pediatrician.

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