Protein Power

PICK A PROTEIN


CHICKEN


SALMON


CHEESE


PEAS


CHICK PEAS


ALMONDS


MILK


PEANUT BUTTER


STEAK


HAMBURGER


GREEK YOGURT


BLACK BEANS

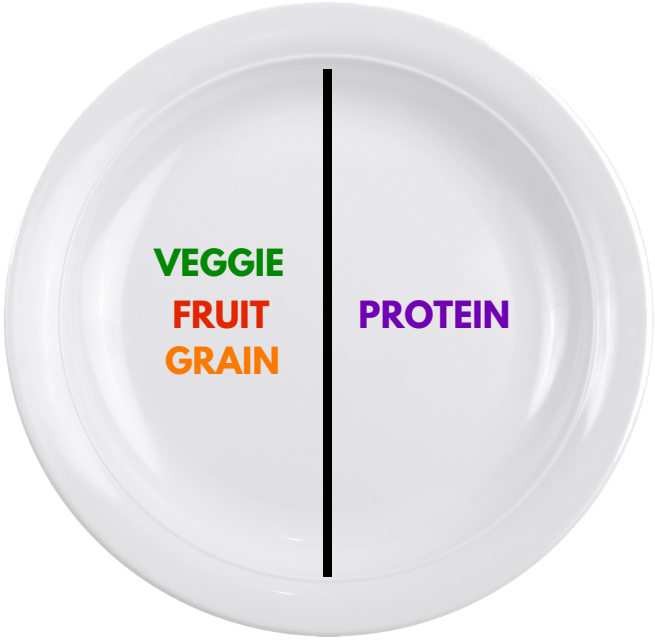

HUMMUS


EGGS

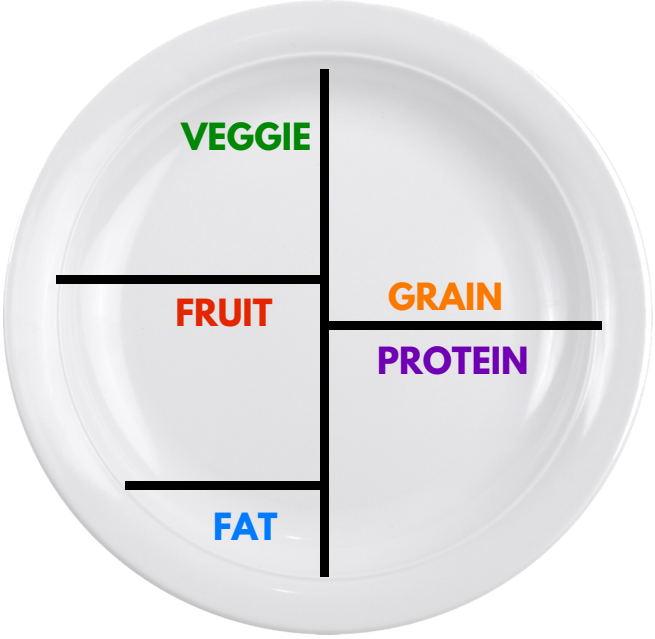

TOFU

BUILD A PLATE

SNACK

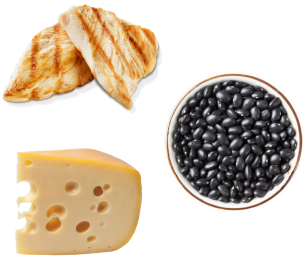


MEAL



Protein Power

PROTEIN Q&A



Where does protein come from?

Protein in found in a variety of foods. Meats, poultry, fish, and dairy are common sources of protein, but beans, peas, nuts, and grains like quinoa protein sources that are also filled with fiber.

How much protein does my child need?

Your child's protein needs will depend on their age and weight. At meals, the protein option should be the size of your child's palm. If your concerned your kiddo isn't getting enough protein, let your dietitian know.

Can my child have too much protein?

With a normal diet, it is not likely your child will get too much protein. However, when your kiddo is taking a nutrition supplement it's important to check with your dietitian to make sure it's appropriate. Too much protein can damage our kidneys.

Does my child need a protein supplement?

Sometimes kids need more protein and nutrients for growth than they get with food. There are liquid protein supplement options if you don't think your child is getting enough protein through food. Let your dietitian know if you are concerned.

How can I increase protein in my child's diet?

To incorporate more protein into meals and snacks provide protein options with sauces and dips to enhance the flavor. You can also incorporate protein like peas and beans into pasta, rice, and other grain dishes to increase the nutritional value.