



ARTICLE

How Whey Protein helps in a Child's Growth and Development

2 mins read

Toddler years are a time of rapid growth and development and protein is particularly important during this stage. Apart from ensuring **healthy eating** habits for kids, it's important to understand the role of whey proteins in your child's growth. Let's find out what is whey protein and how is it beneficial for your **child's growth and development**.

Why whey protein?

Whey is considered to be a complete protein because it contains 9 essential amino acids and has low lactose content. This makes whey proteins easily digestible. Whey protein also contains leucine, an important amino acid for building muscles.

Is Whey Protein Safe For Your Child?

Whey protein is completely safe. It is derived from cow's milk. The cow's milk is made up of 80% casein (a type of protein that gets digested slowly) and 20% whey. Hence, a nutritious milk supplement powder should contain whey for its beneficial properties like the ease of digestion and safety.

Whey is also a rich source of protein for fussy eaters who miss out on adequate protein as they don't have certain food types.



Why is whey protein supplementation important?

Supplementation with whey protein to a child's diet can become essential for:

● Meeting Protein Requirements for your child

Whey Protein is important for your child's growth. Supplementation with whey protein can be a quick and healthy option to gain adequate nutrition.

● **Fussy eaters**

Is your child a fussy eater? If yes, then supplementation with whey protein could help your child in making up for the lack of proteins and other nutrients in their diet.

● **Vegetarian**

Your child requires essential amino acids; some of which are primarily found in meat and poultry. You can add whey protein to your child's diet in that case.

How Much Protein is Enough for 2 to 4-Year-Olds?

The protein requirements vary with age for children. As per Indian Council of Medical Research, the protein requirements for a 1-3 year old child and 4-6 year old child are 16.7g/d and 20.1g/d per day respectively. We hope that this article will help you in understanding about whey protein and how it can help you in supporting your child's growth adequately.

Where to get Whey Protein?

Milk is the only source of whey.