



ARTICLE

## How to get protein-rich food for kids

2 mins read

It is believed that a vegetarian diet lacks appropriate amounts of proteins. Thus, vegetarian families are often concerned that the diet may not have enough nutrition for kids. Well, you can shed all your worries since there is no truth in these widely held beliefs.

### **WHAT ARE PROTEINS?**

Proteins are important macronutrients required for the overall growth and development of your child. Proteins are made up of smaller units called amino acids. Proteins are required for almost every biological process. The main function of proteins is to build, strengthen, repair and replace the tissues. Protein is also important for building a healthy immune system and in the creation of essential hormones and enzymes.

### **WHAT ARE THE VEGETARIAN SOURCES OF PROTEINS**

- Beans and lentils
- Green peas
- Amaranth
- Oats
- Soy milk
- Nuts, seeds, and butter from nuts (almond butter, peanut butter)
- Milk and milk products (paneer, yogurt, cheese)
- Almond milk
- Tofu
- Soya chunks



## **HOW MUCH PROTEIN DOES YOUR CHILD NEED?**

According to the National Institute of Nutrition (NIN), a 2-3- year old child requires about 16.7gms of protein per day, whereas a 4-6-year old child requires about 20.1gms of protein per day.

## **HOW CAN YOU ADD PROTEINS TO YOUR CHILD'S DIET?**

Here is how you can add proteins to your child's diet:

A cup of milk with 1 tsp nut (almonds + walnuts + cashews + pistachios) powder (optional) in the morning

Breakfast- 1 Katori Oats porridge/daliya/ragi porridge/Semolina kheer

Lunch- 1 Katori of rice with 1 Katori dal /1 Katori vegetable khichdi with curd

Evening- 1 Glass of milkshake or smoothie

Dinner- 1 Bowl spinach soup with beans, /1 Bowl chickpeas soup or same as lunch

Bed-time- 1 Cup of milk

If your child is a picky eater or is not getting enough proteins from his/her diet, you can opt-in for healthy drinks for kids by consulting a Health care professional. Do check the pack to ensure that they do not have any added sugar.