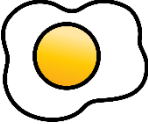


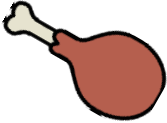




Is Your Child Getting Enough Protein?

In order to determine whether your child is getting enough, you first need to know what his or her needs are. The following Table has been provided to help you with this

	Age	Protein	
	Children		
	1-3 Years	13 grams	
	4-8 years	19 grams	
	Males		
	9-13 years	34 grams	
	14-18 years	52 grams	
	19 years and older	56 grams	
	Females		
	9-13 years	34 grams	
	14 years and older	46 grams	

Below are foods that are excellent sources of protein:

Meat/Poultry/Fish/Eggs

- 3 oz Skinless Chicken – 28 grams
- 3 oz Steak – 26 grams
- 3 oz Pork – 22 grams
- 3 oz Salmon or Tuna – 22 grams
- 1 Large Egg – 6 grams (protein is in white)

Dairy Products

- 6 oz Greek Yogurt – 18 grams
- 1 Piece String Cheese 6 grams
- 4 oz Cottage Cheese – 14 grams

Beans/Peas/Nuts/Seeds/Vegetables

- ½ Cup Cooked Pinto Beans – 11 grams
- 1 oz Soy Nuts – 12 grams
- ½ Cup Black or Red Beans – 7 grams
- ½ Cup Adzuki Beans or Lentils – 9 grams
- 1 oz Almonds, Pistachios, Sunflower Seeds – 6 grams
- 1 oz Pumpkin Seeds – 9 grams
- ½ Cup Green Peas – 4 grams
- ½ Cup Spinach – 3 grams
- ½ cup Lima Beans – 6 grams