

HOW MUCH PROTEIN?

It may feel like a challenge to ensure you are serving enough quality protein options for your students. It may seem like foods high in protein are more difficult to prepare and options that work well in grab and go programs are limited. This resource will show you the protein content of some common foods and how meeting children's protein needs may be easier than you think.

HOW MUCH PROTEIN DO CHILDREN NEED?

AGE (years)	PROTEIN (g/day)	Note: these amounts are approximate as protein requirements are based on individual needs.
4-8	19	
9-13	34	
14-18	52 (M), 46 (F)	

DAILY PROTEIN INTAKE EXAMPLES

6 year old: Requires ~19g/day

Breakfast ~7g

- ½ cup oatmeal + banana slices + ½ cup milk

Snack ~1.5g

- cucumber slices + ½ yogurt tube

Lunch ~7g

- ½ cheese sandwich + carrot sticks + apple sauce

Snack ~1g

- orange

Dinner ~12.5g

- ½ cup tuna casserole + peas + ½ cup milk

Total protein: ~29g

14 year old: Requires ~52g/day

Breakfast: ~10g

- 1 scrambled egg + 1 slice whole wheat toast + apple

Snack: ~0.5g

- ½ cup grapes

Lunch: ~9g

- 1 cup whole wheat pasta + tomato sauce + strawberries

Snack: ~8g

- 1 Tbsp peanut butter + banana + 1 tortilla

Dinner ~27.5g

- 1 chicken drumsticks + ½ cup brown rice + broccoli

Total protein: ~55g

PROTEIN CONTENT OF EASY-TO-PREPARE MENU IDEAS

muffin + yogurt cup ~9g protein

- 1 blueberry muffin + ½ cup yogurt

bagel + seed butter + tomato ~13g protein

- 1 whole wheat bagel + 2 Tbsp sesame seed butter + cherry tomatoes

crackers + carrots + hummus ~7.5g protein

- 6 whole wheat soda crackers + carrot sticks + ¼ cup hummus

egg + cheese + cucumber ~10g protein

- 1 hard boiled egg + 1 slice whole wheat toast + cucumber

PROTEIN CONTENT IN COMMON FOODS

DAIRY AND ALTERNATIVES

FOOD	PORTION	PROTEIN
Milk 2% MF	1 cup	9.0g
Soy Beverage	1 cup	6.5g
Babybel cheese	1 portion	5.0g
Cheese string	1 portion	6.0g
Cheddar cheese	¼ cup	7.0g
Cottage cheese	½ cup	15.0g
Greek yogurt	½ cup	12.0g
Yogurt, plain 2% MF	½ cup	6.0g
Yogurt tube	1 tube	2.0g
Instant skim milk powder	4 Tbsp	9.0g

MEAT, POULTRY, FISH, EGGS

FOOD	PORTION	PROTEIN
Eggs	1 large	6.0g
Chicken breast	100g	23.0g
Chicken drumsticks	1 piece	23.0g
Tuna - canned	100g	22.0g
Salmon - canned	100g	20.5g
Beef - ground	100g	30.0g
Pork - ground	100g	25.8g

*100g of chicken, tuna, beef, pork is roughly ½ cup

GRAINS

FOOD	PORTION	PROTEIN
Bread - Natural Bakery Rye	1 slice	3.0g
Bread - 100% whole wheat	1 slice	3.6g
Brown rice - cooked	½ cup	2.5g
Millet - cooked	½ cup	3.0g
Quinoa - cooked	½ cup	4.0g
Rolled Oats - uncooked	⅓ cup	4.0g
Pasta - whole wheat, cooked	½ cup	3.5g

BEANS AND LENTILS

FOOD	PORTION	PROTEIN
Chickpea - cooked	½ cup	7.5g
Hummus	2 Tbsp	2.5g
Kidney bean - cooked	½ cup	8.0g
Lentils - cooked	½ cup	9.0g
Navy bean - cooked	½ cup	8.0g
Edamame bean - cooked	½ cup	9.0g
Tofu - firm or extra firm	½ cup	10.0g
Tempeh	½ cup	15.0g

NUTS, SEEDS & BUTTERS

FOOD	PORTION	PROTEIN
Almonds	¼ cup	8.0g
Peanuts	¼ cup	9.0g
Almond butter, natural	2 Tbsp	7.0g
Peanut butter, natural	2 Tbsp	8.0g
Wowbutter	2 Tbsp	8.0g
Sunflower seed butter	2 Tbsp	5.6g
Tahini (sesame seed butter)	2 Tbsp	5.0g
Flax seeds	¼ cup	3.0g
Hemp seeds	3 Tbsp	10.0g
Pumpkin seeds	¼ cup	10.0g

DID YOU KNOW?

- Proteins are made up of different amino acids that are essential for health. A variety of different foods can help ensure your body gets all the nutrients it requires.
- Most fruits and vegetables have around 1-2g per portion.

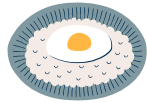
MENU IDEAS

Here are some menu ideas using different common protein sources. These options are low in saturated fat, sodium and are less processed.

EGGS



egg & vegetable muffins



savory oatmeal with egg and mushrooms



fast french toast



whole wheat egg salad sandwich



breakfast scramble



salad with boiled egg and croutons



egg in a mug



egg and cheese quesadilla or burrito



egg and banana pancake

BEANS & LENTILS



lentil pizza buns



bean chilli



African lentil stew



bean and cheese tacos



quinoa salad

HUMMUS



whole wheat naan + hummus



hummus toast with tomatoes



hummus sandwich or wrap with peppers + lettuce



hummus with fresh vegetables

YOGURT



yogurt dip for veggies + crackers



yogurt parfait



frozen saucers



overnight oats



yogurt bark



smoothie with fruit, spinach, milk + yogurt

tortilla cups

CANNED FISH



canned tuna or salmon and crackers



pasta with tuna and tomatoes



whole wheat salmon salad sandwich



tuna salad with chickpeas and spring mix