



## Sources of Protein

### Animal Protein

- Turkey
- Chicken
- Fish
- Tuna
- Salmon
- Bison
- Beef
- Pork
- Milk
- Cheese
- Cottage Cheese
- Yogurt

### Plant Based Protein

- Chickpeas/hummus
- Lentils
- Tofu
- Green peas
- Beans
- Seed butters
- Sunflower seeds
- Pumpkin seeds
- Legumes
- Yogurt alternatives

## PROTEIN: HOW MUCH DO CHILDREN REALLY NEED?

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Parents often express concerns that their children are not getting enough protein. Sometimes, this is a valid concern. But more often than not, children are getting plenty of protein in the foods they eat.

Protein is essential for growing and repairing muscle and tissues and keeping the body strong. It also regulates fluids, transports nutrients from food, keeps the immune system strong and helps provide energy.

MyPlate.gov recommends that children 4-8 years old get 4 oz. of protein each day to meet their needs. While this might sound like a lot, throughout the day your child is likely more than meeting this need.

The following table (created based off the information at [www.choosemyplate.gov](http://www.choosemyplate.gov)) will give you an overview of what different protein sources look like. In general, 1 ounce of meat, poultry or fish, 1/4 c cooked beans, 1 egg, 1 tablespoon of seed butter, or 1/2 ounce of seeds can be considered as 1 ounce-equivalent from the protein foods group.

Food item	How much is an ounce?
Meats	1-ounce cooked lean beef, pork, or ham (size of your thumb)
Poultry	1-ounce cooked chicken or turkey (size of your thumb) 1 slice of deli meat
Seafood	1-ounce cooked fish or shell fish (size of your thumb)
Eggs	1 egg (whole egg)
Seeds	1/2 ounce of seeds (chia, flax, hemp, sesame, sunflower etc. (1 tablespoon) 1 Tablespoon of seed butter
Beans and Peas	1/4 cup of cooked beans, peas, baked/refried beans, tofu, roasted soybeans 2 Tablespoons hummus