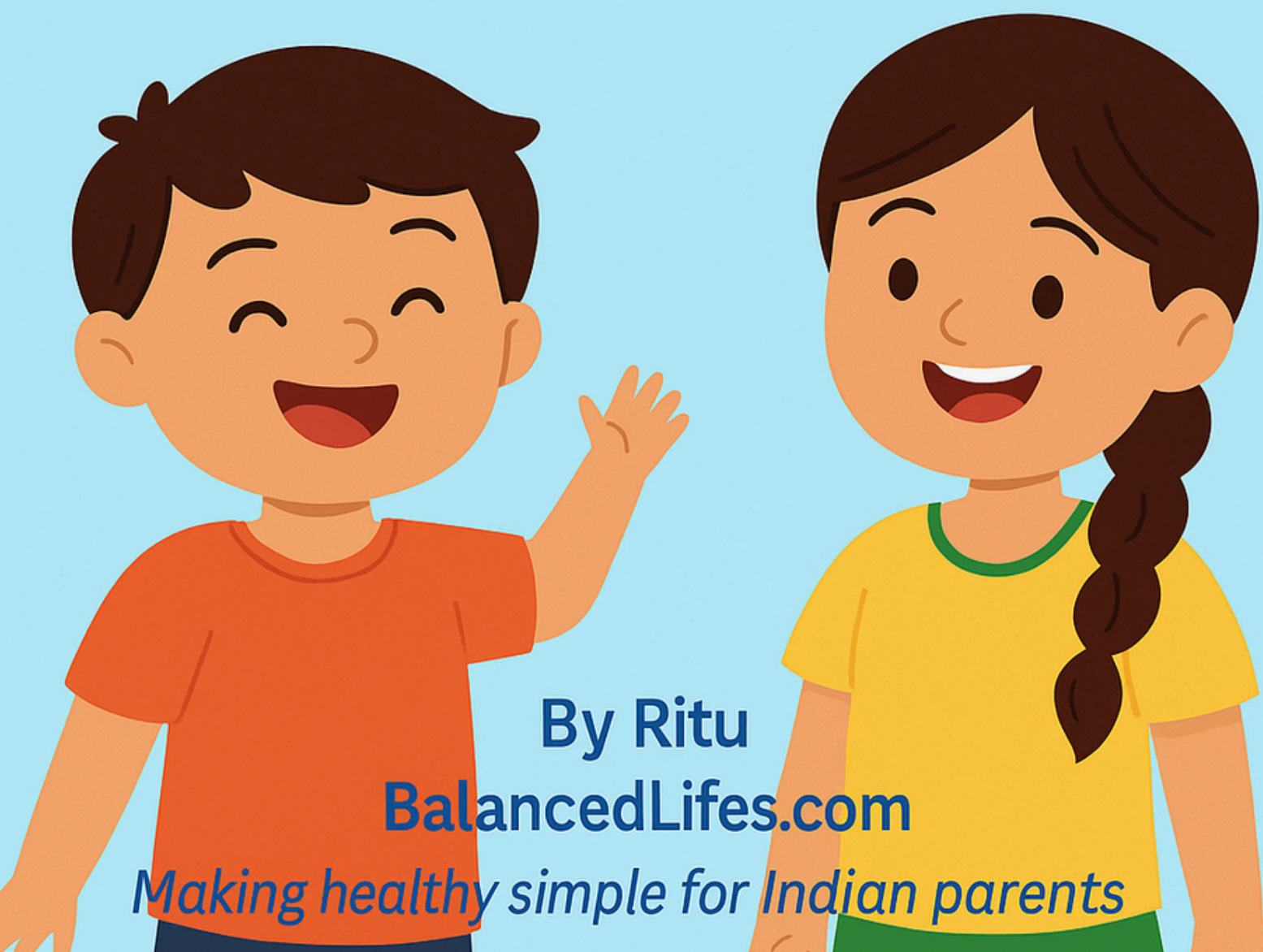


The Ultimate Guide to Protein for Indian Kids

Nutrition, Growth & Smart Eating
for Modern Indian Families



By Ritu

BalancedLives.com

Making healthy simple for Indian parents



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BalancedLives.com

Written by Ritu

⚠ Disclaimer:

This eBook is for educational purposes only. It is not a substitute for professional medical advice. Always consult a pediatrician before starting any supplement or making significant diet changes.

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Some product links in this guide may be affiliate links. We only recommend what we personally trust or use in our own research.

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INTRODUCTION



**Welcome Indian moms!
Check out this guide about
the benefits of protein for
your child.**

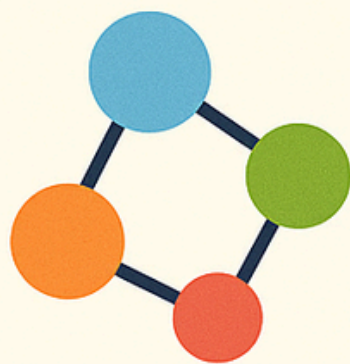
This practical and insightful guide for modern Indian families provides detailed information on protein's role in physical and cognitive development.

“

Protein is the building block of life.

What is Protein?

Proteins are nutrients that are essential for growth, maintenance, and repair of the body. They play a crucial role in building muscles, organs, and immune cells.



How Much Protein Do Kids Need?

Is your child getting enough protein?

The amount of protein needed varies by age:

- 1–3 years: 13 grams per day
- 4–9 years: 19 grams per day
- 9–13 years: 34 grams per day
- Teenage girls: 46 grams per day
- Teenage boys: 52 grams per day

“Protein requirements increase as children grow older.”

“ Protein is an essential nutrient for your child’s growth and development.



Let’s explore how to ensure your child gets enough of this important nutrient!

Mistakes Parents Make

*“You don’t have to eat less,
you just have to eat right.”*

Some misconceptions about protein-rich foods may affect how parents prepare or include them in meals.

Parents often fall for the common belief that protein-rich foods don’t suit children’s taste.

Eggs shouldn’t be avoided during illness. In fact, whole eggs can be safely consumed dally — but not in **excessive amounts**.



Is Your Child Getting Enough Protein?



“If you’re concerned about your child’s growth or energy levels, it may be worth evaluating their protein intake.”

Calculate your child’s protein intake

CALCULATE YOUR CHILD'S PROTEIN NEEDS

“For every 1 kg of body weight, your child needs about 1 gram of protein daily.”

**STEP 1:
DETERMINE
WEIGHT**



×

**STEP 2:
CALCULATE
PROTEIN NEEDS**

EXAMPLE

25 kg body
weight

×

1 g protein
per kg

=

**25 g protein
daily**

**STEP 1:
DETERMINE
WEIGHT**

=

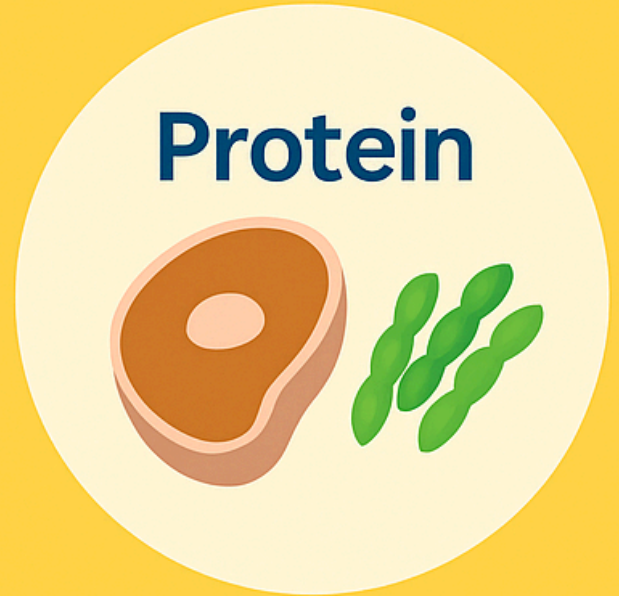
Calculate Your Kid's Protein Needs

- Include about 1 g of protein per kg of weight
- Consider age, activity, and individual needs



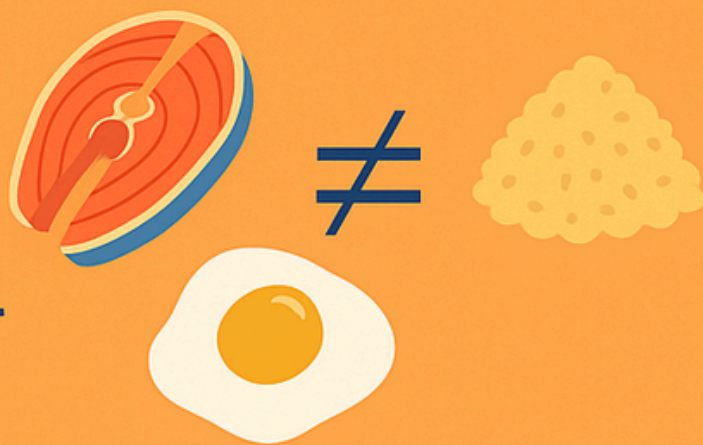
Protein and Growth

“Protein is essential for your child’s growth and development.”



Mistakes Parents Make

- 1** Assuming all protein-rich foods are equal



- 2** Not including protein in every meal



- 3** Overestimating packaged snacks



Mistakes parents make

“Focus on your child’s overall diet, not just on protein!”

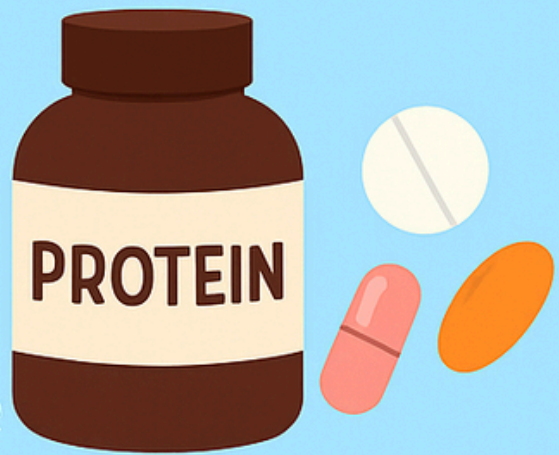
- Ignoring a balanced diet: Not including fruits, vegetables, and whole grains along with protein.
- Assuming more protein is always better: Excess protein won’t speed up growth beyond normal rates.
- Relying on supplements: Using protein powders or shakes without consulting a doctor.
- Not considering individual needs: Every child is different. Age, size, and activity level matter.



Supplements

A balanced diet should always be the priority, but supplements can help in certain cases.

- Consult a pediatrician before starting any supplement
- Choose supplements specifically made for children
- Avoid added sugars and artificial ingredients

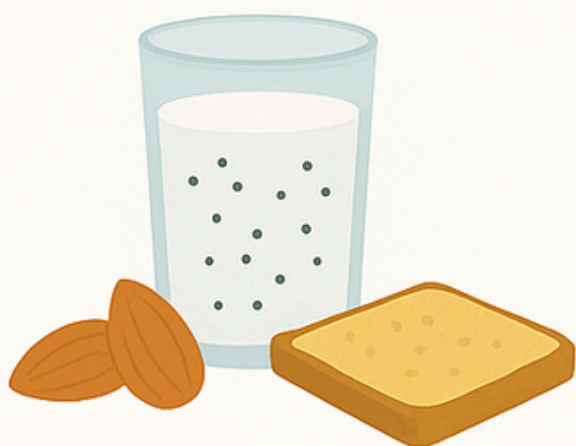


1-Day High-Protein Meal Plan for Kids (Veg & Non-Veg)

Easy, balanced meals for growing kids – Indian-style

Morning Routine – Start Strong

Veg



- Warm water with soaked almonds (2–3)
- Milk with soaked chia seeds (1 tsp)
- 1 slice whole grain toast + peanut butter

Non-Veg



- 1 boiled egg
- 1 banana
- 1 glass milk

MID-MORNING SNACK

Veg



Roasted chana
or trail mix

1 small fruit
(e.g. guava, papay)

Non-Veg



Egg salad cup
or chicken soup
(mini bowl)

Coconut water



1-Day Meal Plan (Veg)

Breakfast

1 cup milk

2 moong dal chillas with 2 tbsp curd

Lunch

1 cup chickpea curry

1/3 cup brown rice

1/4 cup salad

Snack

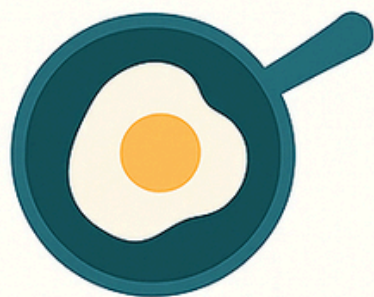
1/4 cup roasted chana

1 banana

Dinner

1 cup paneer and veggie stir-fry

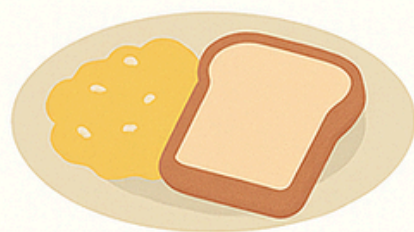
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Non-Veg Meal Plan

Breakfast

Scrambled eggs
with toast



Morning Snack

Greek yogurt



Lunch

Chicken, rice, and
vegetables



Evening Snack

Peanut butter
with apple slices



FAQs & Myths

1

Do Indian kids need special protein?

Yes! Protein intake varies from one child to another, and Indian cuisine has different sources of protein.

2

Too much protein can harm kidneys?

For healthy kids, there's no scientific evidence that a slightly higher-than-normal intake will be a problem.

3

Plant proteins aren't high quality?

They can be! When you mix a variety of plant foods, you get all the essential amino acids.

4

My child can only get protein from non-veg dishes?

Both vegetarian and non-vegetarian dishes can provide essential protein.

5

We need protein powders to bulk up?

Not really! A well-balanced home-cooked Indian meal, consisting of dal, dry fruits or nuts, rotis, rice, curd or veggies, is more than enough!

6

Do Indians lack good sources of protein?

Bonus Tools



Protein Tracker



Shopping List



Recipe Videos



Protein Cookbook

Final Words



"You don't need fancy powders or big budgets. Just real food, smart choices, and everyday meals rooted in Indian wisdom. You've got this, parent!"

THANK YOU!

Want to learn more
about kids' protein needs?

Visit our website:
BalancedLives.com

