

# AGE-WISE PROTEIN NEEDS FOR CHILDREN (2-10 YEARS)

 Prepared by a Doctor & Mother  
(No supplements. Only real home food.)

Protein: Supports height gain and muscle development during growth years

Protein: Fuels brain development, focus, and learning ability

Protein: Strengthens immunity and faster recovery from illness and play

Protein: Helps maintain a stable appetite and better meal patterns

Protein: Works best when given as small, consistent portions through the day – not powders

 Healthy children don't need protein supplements. Everyday home food is enough.

Age	Daily Protein Need	Food & Quantity	Protein from Item	Total (approx.)
1 yr	11 g	Milk – 1 cup (200 ml)	6–7 g	
		Dal – $\frac{1}{4}$ cup (50 ml)	2 g	
		Curd – 2 tbsp (30 g)	2 g	~11 g
2 yrs	13 g	Milk – 1 cup	6–7 g	
		Dal – $\frac{1}{2}$ cup (100 ml)	4 g	
		Curd – 2 tbsp	2 g	~13 g
3 yrs	14 g	Milk – 1 cup	6–7 g	
		Dal – $\frac{1}{2}$ cup	4 g	
		Paneer – 15 g	3 g	~14 g
4 yrs	16 g	Milk – 1 cup	6–7 g	
		Dal – $\frac{1}{2}$ cup	4 g	
		Paneer – 20 g	4 g	~15–16 g
5 yrs	17 g	Milk – 1 cup	6–7 g	
		Dal – $\frac{3}{4}$ cup (150 ml)	6 g	
		1 egg	6 g	~17–18 g

Age	Daily Protein Need	Food & Quantity	Protein from Item	Total (approx.)
6 yrs	19 g	Milk – 1 cup	6–7 g	
		Dal – 3/4 cup	6 g	
		Curd – 1 cup	7 g	~19 g
7 yrs	21 g	Milk – 1 cup	6–7 g	
		Dal – 1 cup	8 g	
		Paneer – 25 g	5 g	~21 g
8 yrs	25 g	Milk/Curd – 1 cup	6–7 g	
		Dal – 1 cup	8 g	
		Paneer – 40 g	8 g	~24–26 g
9 yrs	26–28 g	Milk/Curd – 1 ½ cup	10 g	
		Dal – 1 cup	8 g	
		Paneer – 50 g	10 g	~28 g
10 yrs	28–30 g	Milk/Curd – 1 ½ cup	10 g	
		Dal / chana – 1 cup	8 g	
		Paneer – 75 g OR 2 eggs	15 g / 12 g	~30–33 g



## **Important Doctor Notes:**

- **Values are RDA for healthy children**
- **Needs may be slightly higher in sports-active children**
- **Protein powders are NOT required for healthy kids**
- **Focus on daily consistency, not one high-protein meal**

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