



February Newsletter

UBC Active Kids



ALL ABOUT PROTEIN!

Why? How Much?

Protein is needed in every cell in the body, but is especially important for muscle growth and repair. Protein also helps build the hormones and enzymes needed to keep our bodies functioning properly! It can be confusing when determining how much protein your children actually need, so an easy recommendation to follow is roughly **1g/kg bodyweight of your child per day**. Adults above the age of 19 require a bit less at only 0.8g/kg/bodyweight per day.

- For example if your child is 12 years old and weighs 90 pounds = 40kg then they require around 40g protein per day!
- See below for sources of 10g and 20g of protein in animal or plant based foods

*The Canadian Food Guide recommends **choosing plant-based sources of protein more often!** 

PLANT-BASED (10G)

- Nuts (almonds, cashews)
- Tofu
- Edamame (cooked)
- Quinoa (cooked)

MEASURE

- 1/3 cup
- 1/2 packet
- 1/2 cup
- 1 cup

ANIMAL-PRODUCTS (20G)

- Chicken (cooked)
- Salmon or Tuna
- Eggs
- 2% Greek Yogurt

MEASURE

- 1 small fillet
- 1 can
- 3
- 1 cup

PROTEIN ENERGY BALL RECIPE

2 balls= ~10g protein

- 3 cups rolled oats
- 1/2 cup vanilla protein powder
- 1 cup peanut butter (or other nut butter)
- 1/2 cup maple syrup (or 1/3 cup honey)
- 1-2 tbsp milk/ milk alternative of choice
- 1/4 cup chocolate chips or raisins

1. In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter and syrup and mix well. Fold through your mix ins of choice.
2. Using a tablespoon, add milk of choice, one tablespoon at a time, until a thick dough remains.
3. Lightly wet your hands (or spray them with cooking spray). Form 20-24 small balls of dough. Place on a plate and refrigerate until firm.



What to look for if buying protein powder:

- whey(milk), casein(milk) or soy protein
- avoid added sugars, fats or artificial sweeteners such as: aspartame, sucralose, acesulfame potassium