



MAY 2022 | UBC ACTIVE KIDS

## May Newsletter

# PLANT BASED PROTEIN FOR CHILDREN

Canada's 2019 food guide recommends choosing more plant based protein options. Read on to see how these guidelines apply to children's diets.

## CAN PLANT PROTEIN MEET CHILDRENS NEEDS?

Children can easily meet Health Canada recommendations for daily protein intake by eating plant based proteins. Often, Canadians worry plants do not contain enough protein to meet their needs, however, when planned correctly, plant-based meals can contain adequate amounts of protein to meet the needs of growing children.

Check out the list below to see how much protein is in the plants you eat and use the table to the right to review the daily protein recommendations for children in Canada.

Age	Protein RDA
0-12 mth	11 g/day
1-3 yrs	13 g/day
4-8 yrs	19 g/day
9-13 yrs	34 g/day

### THE FOLLOWING FOODS CONTAIN APPROXIMATELY 5G OF PROTEIN:

- 1.5 tbsp nut butter
- 1 to 2 pieces of bread
- 1/4 cup tofu
- 1/3 cup cooked lentils
- 1 oz nuts
- 1/2 cup cooked pasta
- 1/2 cup soy milk
- 1/2 cup chickpeas
- 1/2 cup sunflower seeds
- 1/2 cup cooked quinoa
- 1/3 cup edamame
- 1/2 cup peas

## PROS & CONS OF PLANT VS ANIMAL PROTEIN

### Pros:

- Plant options are more **environmentally sustainable** as they use less water and produce **fewer carbon emissions** when grown
- Higher in **fibre**
- Lower in **saturated fat** and **sodium**
- Contribute to **fruit and vegetable** intake
- Can be more **cost effective**

### Cons:

- Can be lower in **calcium** and **iron**
- Lack **vitamin B12**

**It is recommended that those following a plant based diet see their dietitian or doctor to discuss appropriate supplementation to support growth and development**

## PLANT PROTEIN RECIPE: EASY TOFU NUGGETS

### Ingredients:

- 16 oz block extra-firm tofu
- 1/2 cup unsweetened almond milk
- 1.5 tbsp cornstarch
- 1.5 tbsp ground flaxseeds
- 1 cup breadcrumbs
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt



### Directions:

Press tofu with paper towels and heavy books for 20mins. Pre-heat oven to 400 F. Mix milk, cornstarch, flax and 1/4 tsp salt. In a separate bowl mix remaining dry ingredients. Cube tofu and coat in wet then dry mixture. Place on baking sheet and bake for 15mins, flip then bake 15mins.



Recipe adapted from [notacooks.com](http://notacooks.com)