

## High protein snacks for kids and teens

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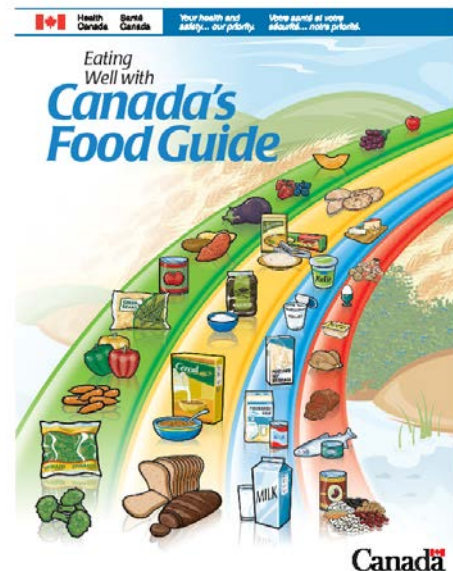
### Why is protein important as a part of a healthy diet?

- Helps build muscle and prevents muscle loss.
- Keeps us fuller longer.
- Keeps us alert and energized!



## How much protein do I need?

- The amount of protein you need depends on your age, gender, activity level and personal health goals.
- The food groups in Eating Well with Canada's Food Guide that have protein-rich foods are:
  - Meat and Alternatives
  - Milk and Alternatives
- To get enough protein, Eating Well with Canada's Food Guide recommends you have these servings below.



	Age and Gender				
	2 to 3 years girls & boys	4 to 8 years girls & boys	9 to 13 years girls & boys	14 to 18 years	
				females	males
<b>Meat and Alternatives (servings each day)</b>	1	1	1 to 2	2	3
<b>Milk and Alternatives (servings each day)</b>	2	2	3 to 4	3 to 4	3 to 4

## There are two sources of protein in our diet:

### 1. Animal sources of protein

Animal sources of protein often have the most protein and fewest calories for each serving. Examples include:

- Eggs
- Milk
- Yogurt
- Cheese
- Chicken and turkey
- Beef
- Pork
- Fish

### 2. Plant sources of protein

Plant sources have less protein for each serving, but they also have the healthy bonus of fibre! Examples include:

- Beans such as black or kidney
- Lentils
- Chick peas
- Soy or tofu
- Nuts
- Seeds
- Nut butters such almond, peanut

**A healthy diet can include both animal and plant sources of protein.**

## What about protein bars, powders and drinks?

Choose real food first. Most people are able to get enough protein by choosing healthy, protein-rich foods each day.

## When should I eat protein?

- Have protein-rich foods throughout the day.
- Try having at least part of a serving of Meat and Alternatives or Milk and Alternatives at every meal and most snacks.

## Healthy snacks with 5 grams of protein or more

- 1 hard boiled egg with cucumber slices
- 2 Tbsp of peanut butter with apple slices
- ¼ cup of trail mix with dried fruit
- ¼ cup hummus with raw veggie sticks
- 1 slice of swiss cheese with grapes
- Yogurt cup with sliced banana
- ¼ cup almonds with pepper slices
- 1 cup of milk with a medium orange
- Cheese string with whole grain crackers

## Healthy snacks with 10 grams of protein or more

- ½ cup 2% cottage cheese with jam and sliced strawberries
- 1/3 cup of tuna with a serving of whole grain crackers
- 1 ½ oz of chicken with chopped veggies and salad dressing
- ½ cup of Greek yogurt with blueberries



**A healthy snack contains at least  
2 of Canada's Food Groups.**