

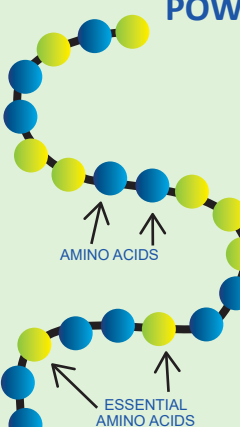
# Powerful Protein & Mighty Muscles

Proteins are the building blocks that support our muscles and body

## POWER OF PROTEIN!

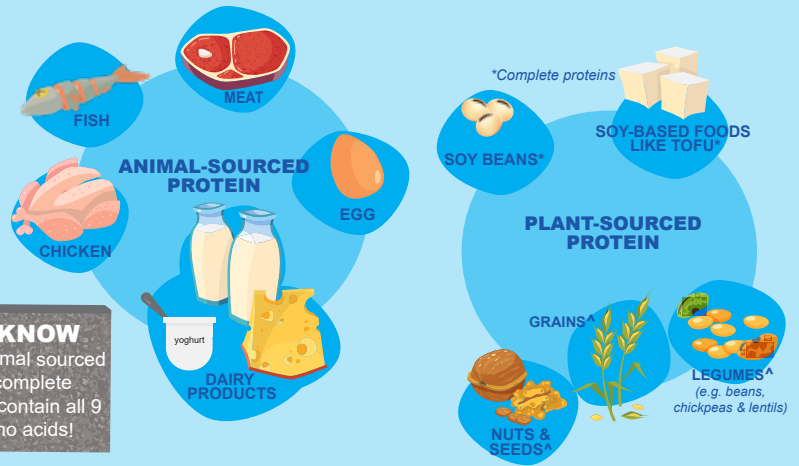
**Protein is important!** It helps our bodies grow and repair. Protein helps build and maintain muscles, gives us energy and helps repair skin.

Protein is made up of small units called amino acids. There are around **20 different amino acids** and **9 of these amino acids are 'essential amino acids'** which must be sourced from our food<sup>1</sup>.



### DID YOU KNOW

Did you know animal sourced proteins are complete proteins as they contain all 9 essential amino acids!

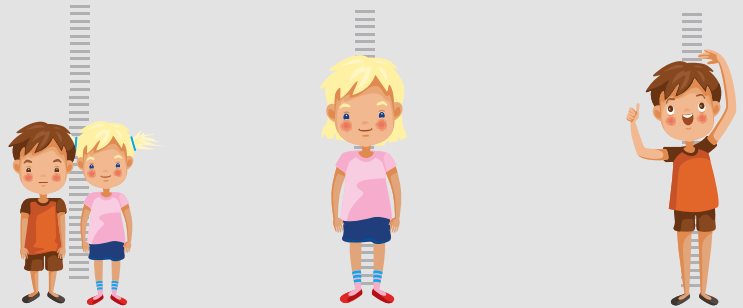


Include a range of protein sources to help keep your body growing strong!

Try spreading **your protein intake** throughout the day to help your body use protein better.

## HOW MUCH PROTEIN DO I NEED?

Depending on your age and gender, you have different protein needs.



From 4-8 years old, our bodies need **20g** of protein/day.<sup>2</sup>

Girls between 9-13 years need around **35g/day**.<sup>2</sup>

Boys between 9-13 years need around **40g/day**.<sup>2</sup>

## Fuel up at breakfast

Ministry of Health recommends children aim for **2-3 servings of milk & dairy** as well as **1-2 servings of other protein sources**<sup>2</sup>. Breakfast is a great time to include some form of protein to help fill hungry tummies<sup>1</sup>.



Two Weet-Bix™ wheat biscuits, 150ml Anchor™ Lite Blue milk contains **8.6g** protein<sup>3,4</sup>



Two Weet-Bix™, 1 wheat biscuits 50ml Anchor™ Lite Blue milk & a small banana contains **9.7g** protein<sup>3,4 & 5</sup>



One Weet-Bix™ wheat biscuits, 200ml Anchor™ Lite Blue milk & a small banana contains **9.5g** protein<sup>3,4 & 5</sup>



Half cup baked beans & one slice wholegrain toast contains **10.3g** of protein<sup>1</sup>



One poached eggs on one slice of wholegrain bread contains **11.3g** of protein<sup>1</sup>



Two crushed Weet-Bix™ wheat biscuits, 100g yoghurt pottle & ½ c tinned or fresh fruit contains **9.5g** protein<sup>1,3 & 5</sup>

## References - where to find more information about protein -

1. <https://www.health.govt.nz/system/files/documents/publications/food-nutrition-guidelines-healthy-children-young-people-background-paper-feb15-v2.pdf>
2. <https://nutritionfoundation.org.nz/nutrition-facts/nutrients/protein>
3. <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended>
4. <https://www.anchor dairy.com/nz/en/products/uht/anchor-uht-blue-lite-1l.html>
5. <http://www.5aday.co.nz/facts-and-tips/fruit-vegetable-info/>