



For The Early Learning Centre Sector

Nutrition Fact Sheet

Protein Requirements For Young Children



IMPORTANCE OF PROTEIN

Protein is an essential nutrient that is particularly important in the first few years of life as it provides amino acids to help children grow and develop properly, as well as support a healthy immune system.

The Australian Guide To Healthy Eating recommend that children aged 2-3 years, need 1 serving of protein rich meat and meat alternatives per day and 1 ½ protein rich dairy or dairy alternatives per day, whilst children aged 4-6 require 1 ½ servings of protein rich meat or meat alternatives per day and 1 ½ servings of protein rich dairy (girls) and 2 servings of (boys) or dairy alternatives per day.

Aim to include a protein rich food at each main meal so you can meet your daily protein requirements.

ANIMAL PROTEIN SOURCES

FOOD	SERVE SIZE	PROTEIN CONTENT
Lean chicken breast, beef or lamb	100g	25 - 30g
Tinned tuna	100g	25g
Low fat greek yoghurt	200g	15g
Cheese	2 slices or ½ cup	12 - 15g
Eggs	2 eggs	10g
Skim milk	1 cup (250mL)	9g

PLANT PROTEIN SOURCES

FOOD	SERVE SIZE	PROTEIN CONTENT
Tofu	100g	12g
Soy milk	1 cup (250mL)	8g
Wholemeal bread and pasta	2 slices or ½ cup	7g
Chickpeas & baked beans	100g	6g

For more information, please visit:

https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55f_children_brochure_0.pdf