



ARTICLE

## How Whey Protein helps in a Child's Growth and Development

2 mins read

Toddler years are a time of rapid growth and development and protein is particularly important during this stage. Apart from ensuring **healthy eating** habits for kids, it's important to understand the role of whey proteins in your child's growth. Let's find out what is whey protein and how is it beneficial for your **child's growth and development**.

### **Why whey protein?**

Whey is considered to be a complete protein because it contains 9 essential amino acids and has low lactose content. This makes whey proteins easily digestible. Whey protein also contains leucine, an important amino acid for building muscles.

### **Is Whey Protein Safe For Your Child?**

Whey protein is completely safe. It is derived from cow's milk. The cow's milk is made up of 80% casein (a type of protein that gets digested slowly) and 20% whey. Hence, a nutritious milk supplement powder should contain whey for its beneficial properties like the ease of digestion and safety.

Whey is also a rich source of protein for fussy eaters who miss out on adequate protein as they don't have certain food types.



### **Why is whey protein supplementation important?**

Supplementation with whey protein to a child's diet can become essential for:

#### **● Meeting Protein Requirements for your child**

Whey Protein is important for your child's growth. Supplementation with whey protein can be a quick and healthy option to gain adequate nutrition.

### ● **Fussy eaters**

Is your child a fussy eater? If yes, then supplementation with whey protein could help your child in making up for the lack of proteins and other nutrients in their diet.

### ● **Vegetarian**

Your child requires essential amino acids; some of which are primarily found in meat and poultry. You can add whey protein to your child's diet in that case.

### **How Much Protein is Enough for 2 to 4-Year-Olds?**

The protein requirements vary with age for children. As per Indian Council of Medical Research, the protein requirements for a 1-3 year old child and 4-6 year old child are 16.7g/d and 20.1g/d per day respectively. We hope that this article will help you in understanding about whey protein and how it can help you in supporting your child's growth adequately.

### **Where to get Whey Protein?**

Milk is the only source of whey.