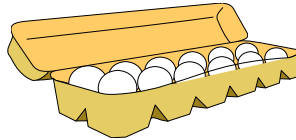
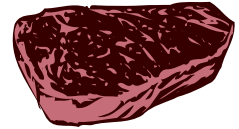


Recommended Daily Amount of Protein for 8 to 18 Year Olds



| | Protein |
|--------------|----------|
| <u>Girls</u> | |
| 8-13 years | 34 grams |
| 14-18 years | 46 grams |
| <u>Boys</u> | |
| 8-13 years | 34 grams |
| 14-18 years | 46 grams |



| Protein Food | Grams of Protein |
|---------------------------------|------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| Total Grams of Protein = | |

