



Things to Remember When Choosing Protein Powder For Children



Choose organic, GMP-certified protein powder for quality assurance.

Choose the ones specifically for children and not for athletes and adults.



Read the label to know and determine the amount of protein per scoop.

Prefer protein powders without additives, such as sugar, artificial sweeteners, or artificial colors.



If possible, make a homemade batch of protein powder with roasted nuts such as almonds, walnuts, peanuts, and pistachios.