

PROTEIN: THE SUPERHERO OF YOUR BABY'S HEALTH

DID YOU
KNOW?

Milk Protein impacts your baby's



Weight



Digestion



Growth

Milk
Protein
Supports:



Growth &
development



Long-term
health



Gut
health



Immunity



Mother's
milk
provides:

Whey: Casein = 72:28

Essential nutrients, growth factors

Immune protection, with a high whey protein ratio



What are some qualities of protein
Your baby needs and their impact?



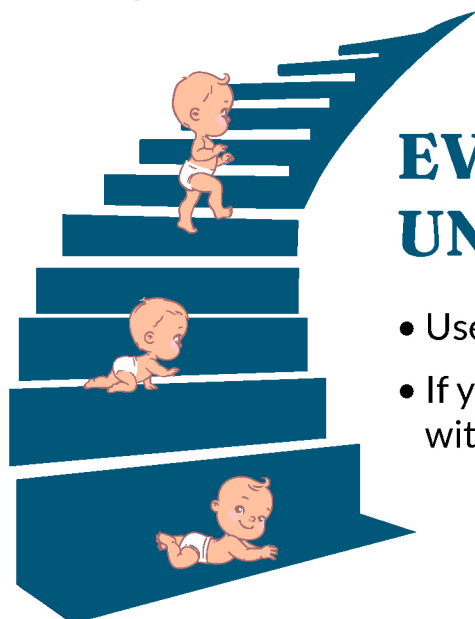
In early stages, whey
protein is crucial for
the baby's growth
and development



Whey Protein is easy
to digest and has
higher absorption
supporting optimal
growth and
development

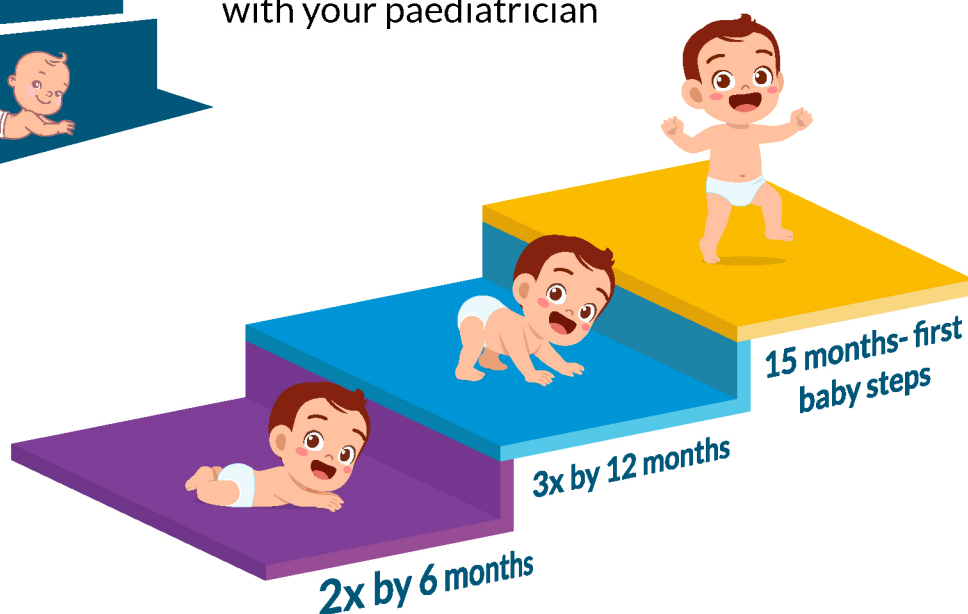


Right quality and
quantity of protein
supports healthy
weight gain and
long-term growth



EVERY BABY HAS THEIR UNIQUE JOURNEY

- Use the growth chart as a guide, not a rule.
- If you notice consistent differences, check in with your paediatrician



Growth Chart for Baby Girl (0 - 24 Months)

Age (Months)	Average Weight (kg)	Average Length (cm)	Average Head Circumference (cm)
0	2.5-4	46.1-52.2	31.9-35.8
3	4.7-7.2	56.3-63.3	37.5-41.6
6	6-8.9	62-69.5	40.1-44.3
9	6.8-10.1	66.2-74.1	41.6-46
12	7.3-11	69.8-78.3	42.7-47.1
15	7.9-11.8	73-82	43.4-47.9
18	8.4-12.6	75.9-85.5	44-48.5
21	8.9-13.4	78.6-88.7	44.5-49
24	9.4-14.2	81.1-91.7	44.9-49.5

5th to 95th percentile, following WHO Standards.

The measurements are meant for informational purposes only and not a substitute for professional medical advice.

TURN PAGE FOR GROWTH CHART - BABY BOY



Growth Chart for Baby Boy (0 - 24 Months)			
Age (Months)	Average Weight (kg)	Average Length (cm)	Average Head Circumference (cm)
0	2.6-4.2	46.8-53	32.4-36.6
3	5.2-7.7	58.1-64.8	38.6-42.5
6	6.6-9.5	64.1-71.1	41.3-45.3
9	7.4-10.6	68.3-75.7	42.9-47.1
12	8.1-11.5	71.8-79.7	44-48.2
15	8.6-12.3	75-83.3	44.7-49
18	9.1-13.1	77.8-86.7	45.2-49.6
21	9.6-13.9	80.4-89.9	45.6-50.1
24	10.1-14.7	82.8-92.8	46-50.5

5th to 95th percentile, following WHO Standards.

The measurements are meant for informational purposes only and not a substitute for professional medical advice.

SOURCES OF PROTEIN AS PER YOUR BABY'S AGE

As the baby grows, so does their food plate. Do ensure to introduce the right food as per the age of the baby to ensure an optimal protein intake



0-6 months

Exclusive breast feeding. In case of breast milk unavailability, reach out to your paediatrician.



6-12 months

Breast milk, cereals, fruits, purees



12-24 months

Breast milk, cereals, fruits, mashed vegetables, rice+dal, khichdi+ curd



These foods support your baby's age-appropriate protein needs. Consult your paediatrician for any nutrition-related queries.



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For more information, visit