

**Complan<sup>®</sup>**

**PROTEIN**

**POWER**

**BOOK**

**JULY-2024 EDITION**



It's about time to dispel myths and educate ourselves on the daily protein needs of children.

The **Protein Power Book** offers little-known facts, engaging games for your kids, and stories from fellow mummies.



## PROTEIN CALCULATOR



1 glass of Complan



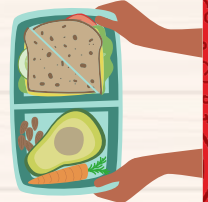
Protein in 70g of White Chickpea



To ensure your child meets their daily **protein** requirements, it's important to provide a balanced diet rich in essential **nutrients**. One effective way to achieve this is by preparing delicious, home-cooked meals that are both **nutritious** and appealing to your child.



Incorporating a variety of **protein**-rich foods such as dairy products, legumes, and nuts can significantly contribute to their **protein** intake.



In addition to these wholesome meals, including a mandatory glass of Complan in your child's daily diet can help bridge any **nutritional** gaps. Complan is a specially formulated nutritional supplement designed to provide essential vitamins, minerals, and protein to support your child's **growth and development**.

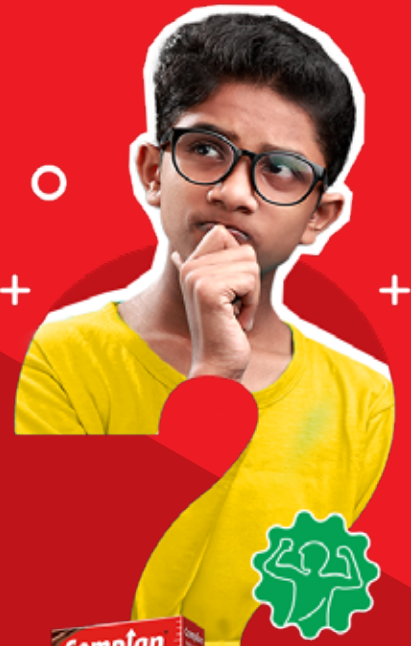


This combination of home-cooked meals and a daily glass of Complan ensures that your child receives a balanced diet, rich in **protein** and other vital **nutrients**. It supports their **immune** system, and contributes to their overall health and well-being. Providing a variety of **nutritious** foods along with Complan helps create a well-rounded diet that can adapt to the changing **nutritional** needs of your growing child.



# DID YOU KNOW?

Our body does not store protein, so it needs to be consumed regularly to maintain proper health.



## PROTEIN PRO FACTS



Our body can store fats and carbohydrates for later use, but it does not have a similar storage system for protein. **Protein** is crucial for various bodily functions, including muscle repair, immune response, and the production of enzymes and hormones. Unlike fats and carbohydrates, which can be stored in adipose tissue and liver glycogen respectively, **protein** must be regularly consumed through our diet to meet our body's needs.

Once our body's **protein** requirements are satisfied, any excess protein is either excreted through urine or converted into fat for storage. This lack of **protein** storage means that if we do not consume enough **protein** daily, our body may start breaking down muscle tissue and other **protein-rich** structures to meet its needs. This can lead to muscle wasting, weakened **immune** function, and other health issues.

To maintain proper health and support growth, it is essential to include the recommended amount of **protein** in our daily diet. This ensures that our body has a constant supply of the building blocks it needs to perform critical functions and maintain overall well-being.





# Moms!

Are you tired of fighting the battle of providing your little one with healthy options for monsoon snacking?

Say hello to Chickpea Salad – A **nutritious** twist to the classic favorite that will have your kids asking for seconds!

Each bowl is a powerhouse of **protein**, essential for your child's **growth and development**. Whether your child loves veggies or nuts, this salad is absolutely perfect for their lunch breaks or evening snacks. With simple ingredients and a quick mix in the bowl, this salad is ready in little to no time, making it ideal for busy mornings and evenings.

## Chickpea Salad

### METHOD

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>● 1 cup boiled chickpeas (chana)</li><li>● 1 small onion (finely chopped)</li><li>● 1 tomato (diced)</li><li>● 1 cucumber (diced)</li></ul> | <ul style="list-style-type: none"><li>● 1 green chil (finely chopped)</li><li>● Fresh coriander leaves (chopped)</li></ul> <p>Chaat masala and lemon juice to taste</p> |
|---|---|

### INGREDIENTS

- Mix all the ingredients in a bowl.
- Sprinkle chaat masala and lemon juice.
- Toss well and serve.





## Nutritional Insights

Every milestone, from the unsteady first steps to the confident first walk, and then the proud moment of winning their first medal - mothers cherish these memories, holding them close to their hearts.

Swati Kulshrestha's story is no different. She has witnessed her child's journey unfold, each step a testament to growth and the nurturing care she's provided. Here's what she has to say!



### MOMMY JOURNAL

**I've been giving her Complan for a couple of years now and have noticed a considerable growth in her height.**

**I genuinely recommend Complan to every mom for their kid.**

**Swati Kulshrestha**

Mother of **Kritika Kulshrestha**,  
Kanpur



# How much milk nutrition is necessary for your child

## About Me

Hello friends , I am Priyal Poddar, a homemaker as well as a mom of two beautiful kids and wife of a very caring lovable husband who believe to live in a world of happiness, Spread smile and hapiness is what i believe to do in my life. All music, cooking, driving, visiting new places is what I really love to do . And how can I forget about art & fashion which is also an important part of my life. I started to write this blog with a motive to share what I feel about parenting, about new places, about the new food dishes which I always love to make, about art, fashion n many more little knowledge I have. In my spare time i love to play with my kiddos, actually it's my routine to spend some time with them in a whole day

## Priyal Poddar

Hello Friends! Hope you all are doing well. Being a mother, my kids will always be my priority. Right from the food our kids eat to the clothes they wear, we as parents want everything to be perfect for our kids, isn't it?

Recently, I came across an article wherein it was mentioned about the importance of milk for children and how it affects their overall growth. But milk is something that even we as kids don't like to drink. So, in this article, I will discuss how milk is associated with growth in children and how much milk nutrition is necessary for our children.

## Milk's benefits and importance



There are numerous health benefits of milk nutrition for kids. Milk nutrition forms an important part of the diet of a child as milk contains calcium, Vitamin D, Vitamin A, and protein. Milk nutrition is quite essential for proper growth and bone development. Fats in milk help aid in the absorption of fat-soluble vitamins. Further, protein intake in the early years of childhood is associated with the growth and development of the body.

Now, you might be thinking about the appropriate quantity of milk nutrition that an average kid should consume. Well, once your child is 12 months old, you can gradually introduce cow's milk into their diet. As per the ICMR healthy plate concept, it is recommended to consume 300 ml of milk or milk products along with other food groups daily.

But, getting children to drink milk is indeed a tiresome task for some parents if they do not like milk. You might have to spend so many minutes, sometimes an hour, running after your child with a glass of milk, or you might have to deal with all the excuses of your child to avoid drinking milk. But that is not the case with me as I have got a perfect solution that ensures that my kid gets the right amount of milk nutrition.

**What is that solution? Well, that solution is Complan.**



## About Complan – 100% milk protein

A scientifically designed drink for growing school children, Complan has **34 vital nutrients** including carbohydrates, **100% milk proteins** and fat and is fortified with vitamins and minerals like calcium, iron, zinc, vitamins A, C, E, and many more.

The vital nutrients present in Complan support immunity, brain development and its functioning, which are important aspects of physical health. Complan also provides nutrients to support **memory and concentration** in children.

Complan has 34 vital nutrients that support 2x faster growth of children. A delicious way to ensure children get all the goodness needed for a fulfilling life.



## My Experience



Well, just like other kids, my kid also doesn't like to drink milk. But we moms are good at finding a way out. I am mixing Complan into his glass of milk and giving it to my kid as it contains **34 vital nutrients** needed for growth and development. Also, it has **63% more protein** than any other nutrition drink and I am really satisfied with the results. He loves drinking the **Royale Chocolate and Kesar Badam** flavours.

With the help of **Complan**, I can ensure that my kid is taking milk daily. Further, **Complan** provides vitamins and vital nutrients which are essential for his overall growth.

**Have you tried Complan for your kid?**

*Disclaimer. The views expressed in the blog content are independent and unbiased views of solely the blogger. This is a part of the public awareness initiative supported by Complan.*

To read more blogs of Priyal Poddar

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