

# PROTEIN SOURCES FOR HEALTHY AGING

Adults aged 65+ years have a greater need for protein. Muscle mass and strength naturally decline with age, but high protein foods may help maintain muscle mass and reduce muscle loss.



**Adults aged 65 years and older should eat at least 46-56g of protein daily.**

Below are some foods and the grams (g) of protein one serving provides:

## Cooked Meat, Poultry, & Eggs

- 3 oz chicken breast = 21 g
- 3 oz pork tenderloin = 22 g
- 3 oz 93% lean beef = 22 g
- 1 large chicken egg = 7 g

## Cooked Seafood:

- 3 oz canned tuna = 20 g
- 2 oz anchovies = 17 g
- 3 oz salmon = 20 g
- 3 oz haddock = 14 g

## Dairy:

- 1/2 cup Greek yogurt = 10 g
- 1 oz hard cheese = 7g
- 1 cup skim milk = 8 g

## Canned Legumes:

- 1/2 cup kidney beans = 7 g
- 1/2 cup cooked lentils = 8 g
- 1/2 cup black beans = 7 g
- 1/2 cup chickpeas = 7 g

## Whole Grains:

- 1/2 cup oatmeal = 3 g
- 1/3 cup brown rice = 3 g
- 1 slice whole wheat bread = 3 g

## Nuts, Seeds, & Soy:

- 3 oz firm tofu = 9 g
- 2 tbsp peanut butter = 7 g
- 2 tbsp sunflower seeds = 5 g
- 7 whole walnuts = 4 g

# WHY PROTEIN?



**Eating enough protein daily is an important factor to support healthy aging.**

Protein helps maintain muscle, bone, and skin health, and supports an active lifestyle. It also helps regulate important body processes to keep your body functioning at its best. Increasing protein intake can improve satisfaction at mealtimes. It provides a variety of essential nutrients that support your immune, cardiovascular, and digestive system health.

## **Am I eating enough protein?**

Adults aged 65 and older should eat at least 15-18g of protein at each meal to help meet their everyday needs. One serving of meat or fish is about the size of a pack of playing cards.

Reach out to your Registered Dietitian to learn more about your specific protein needs and how you can reach your daily protein goal.

Modifications may be needed for people with kidney disease.

Skim milk, beans, and canned fish or chicken are inexpensive protein options.

*If you need assistance getting enough food to eat, ask your provider for information on free or inexpensive programs that can help.*

## **Try some of these healthy snack ideas to help meet your daily protein needs!**

1/3 cup Low-fat Greek yogurt with fresh berries

1/3 cup Cottage cheese topped with diced tomato & black pepper

1 oz Cheese with crackers

Hard boiled egg and fresh grapes

1/4 cup Tuna salad on 1 slice whole wheat bread

1/3 cup Bean salad