# Protein for Baby Boomers



As we start to age, preserving our body's muscle tissue allows us to stay active. The importance of quality nutrition is even greater as our appetite and calorie needs decrease. Choosing foods that contain ample protein is an easy way to help you feel stronger and improve your quality of life.

### **PROTEIN FAQ**

What is protein?

Protein is an **essential nutrient** that our body needs to help build, maintain and **repair muscles**, organs, and all other parts of the body.

How much protein do I need?

The Recommended Dietary Allowance (RDA) is **54-72 grams** of protein per day for a **150-200 pound adult**. Use this as a general guideline to find **the minimum** amount of protein you need based on your body weight. Look at food labels and choose foods with at least **5 grams of protein per serving**.

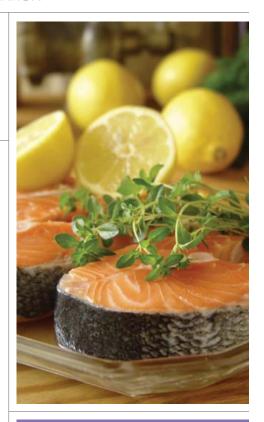
## **HOW CAN PROTEIN HELP ME?**

■ Dietary protein is an essential nutrient for maintaining muscle strength, bone health and blood sugar control. Choose protein foods that are lower in sugar, saturated fat and sodium whenever possible. The best way to meet your protein needs is to distribute your protein intake throughout the day.

Protein rich foods contain many of the vitamins and minerals needed to support body defenses and and promote quicker healing.

■ Eating protein rich foods early in the day can help you meet and maintain your weight goals by **satisfying hunger and reducing the urge to snack** between meals.

PROTEIN RICH FOODS	AMOUNT OF PROTEIN
3 ounces fish	17-22 grams
3 ounces hamburger or turkey sausage	16 grams
2 eggs	12 grams
2 tablespoons peanut butter	8 grams
6 ounces low-fat Greek yogurt	18 grams
3 ounces chicken breast	18 grams
½ cup of cottage cheese	12 grams
½ cup tofu	10 grams



# **EXERCISE TIP:**

## **FOLLOW EXERCISE WITH PROTEIN**

To experience the muscle building benefits of protein, when you do moderate exercise like a fast walk or resistance training follow it with a meal containing about 25g of protein.





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