

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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