

Protein Needs for Healthy Aging

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Functions in our bodies change as we age. One major change due to aging is a reduction in the total amount of protein in the body. Protein is important for building and maintaining muscle and bone, as well as for strength and function. For these reasons, it is important to understand how to consume an appropriate amount of protein every day.

What is the recommended protein intake?

The recommended amount of protein for a healthy older adult is 1 gram of protein per kilogram of body weight. This amount may be higher or lower for certain individuals depending on health and activity status.

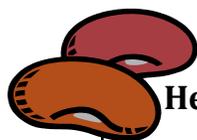
How to calculate your protein needs

(for those without protein restrictions)

Multiply weight in pounds by 0.45

Example

An older adult weighing 165 pounds would need
 $165 \times 0.45 = 74$ grams of protein per day



Healthy Sources of Protein

Healthy sources of protein include: lean cuts of beef, pork, poultry, and fish, low-fat dairy, eggs, beans, legumes, and peas, soy products (tofu), nuts and seeds.

*Individuals with kidney disease may need to limit protein intake. People living with kidney disease should talk with a doctor or dietitian about specific protein requirements.

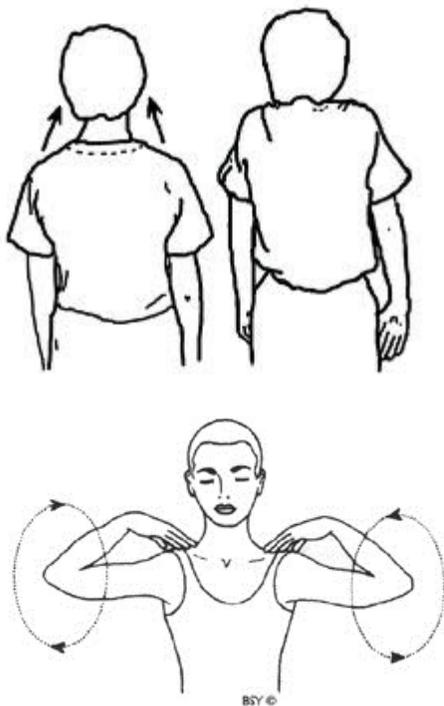
Food	Grams of Protein
6 ounces plain Greek yogurt	18
½ cup cottage cheese	14
½ cup tofu	10
1 ounce cooked turkey or chicken	9
½ cup cooked beans	9
1 cup of milk	8
1 ounce tuna, salmon, haddock, or trout	7
¼ cup or 1 ounce of nuts (all types)	7
1 egg	6
cup cooked oatmeal	5
1 Tbsp peanut butter	4

Exercise for Healthy Aging

A well balanced diet including an appropriate amount of protein and exercise work together to help combat malnutrition, increase strength, and promote well-being. Physical activity and appropriate exercises, including walking and strength training may aid in the path toward a healthy life style.

The following exercises are examples of ways to help build strength and maintain bone density. For more information and examples of other exercise routines please visit www.cdc.gov/physicalactivity.

Note: Always consult your physician before beginning any exercise program.



Shoulders

Shrug both shoulders up, then down.

Shoulder Rotation: Place hands on shoulders, elbows facing forward, make circles with elbows, 5 times, both directions.

Toe Stands

A good way to strengthen your calves and ankles and restore stability and balance.

- Stand behind a chair support.
- Place your feet shoulder width apart and lift up on your heels, rising up to your toes.
- Pause, then return your heels to the floor.
- Repeat 5-10 times.
- After you have been doing this for a while try standing on one foot, pause for 5-10 seconds and repeat on the other foot.
- As you hold on to the chair slowly raise one leg a few inches to the side, hold a few seconds, then return to floor.
- Repeat 5-10 times, then do other leg.

