EAT WELL, AGE WELL. PROTEIN AT BREAKFAST

Activity: Plan a High Protein Breakfast

From the list below, select some items that will total 20-30 grams for the meal.
For example: 1 cup of skim milk (8 g) + Greek Yogurt (15 g) = 23 grams!

Write your Choices Here:

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Yogurt</td>
<td>4-6 oz</td>
<td>80 to 120</td>
<td>12-18 g</td>
</tr>
<tr>
<td>Cottage Cheese (1%)</td>
<td>½ cup</td>
<td>81</td>
<td>14 g</td>
</tr>
<tr>
<td>Regular yogurt (nonfat)</td>
<td>1 cup</td>
<td>100-150</td>
<td>8-11 g</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>1 cup</td>
<td>90</td>
<td>8 g</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>1 cup</td>
<td>130</td>
<td>6-8</td>
</tr>
<tr>
<td>Almond Milk</td>
<td>1 cup</td>
<td>50-90</td>
<td>1 g</td>
</tr>
<tr>
<td>Coconut Milk</td>
<td>1 cup</td>
<td>80</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Rice Milk</td>
<td>1 cup</td>
<td>115</td>
<td>0.7 g</td>
</tr>
<tr>
<td>Goat Milk</td>
<td>1 cup</td>
<td>100</td>
<td>9 g</td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>1 oz</td>
<td>120</td>
<td>6-8 g</td>
</tr>
</tbody>
</table>

*Read labels for exact nutrition information, this is a guide.

Dairy is a Great Source of Protein!

Why not remind yourself every morning that we live in the Dairy State.

Dairy foods Benefits:
- High quality protein (rich in essential amino acids).
- Inexpensive
- Convenient and quick
- Easy to chew and swallow
- Come in a variety of flavors
- Reduced, low and non-fat versions available
- Taste Great!

“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” — Buddha
**Toe Stand Exercise**

**TARGETED MUSCLES:** Calves and ankles  
**WHAT YOU NEED:** Sturdy chair

This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance.

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

**TIP**
As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.

Source: Go4Life website [https://go4life.nia.nih.gov/](https://go4life.nia.nih.gov/)

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*As We Age, Muscle Tends to Go Away!*

Loss of muscle mass and strength can be a normal part of aging. Muscle changes start in our 30s; studies show that muscle mass loss averages 1 to 2% per year when we are in our 50s. By the time we are 70, an estimated 20-40% of muscle strength can be lost. (Nair 2005).

The good news is that you can do something to stop this muscle loss. Eating protein rich foods at each meal will help a lot. Adding resistance training 2-3 days per week is recommended. It’s never too late to start, so start making changes today!

Visit [https://go4life.nia.nih.gov/](https://go4life.nia.nih.gov/) for exercises you can do at home!

“It is exercise alone that supports the spirits and keeps the mind in vigor.” – Marcus Tullius

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students By: Pam VanKampen, RDN, CD 6-19
EAT WELL, AGE WELL. PROTEIN AT BREAKFAST

Activity: Plan a High Protein Breakfast

Select some items that will total 20-30 grams of protein for the meal.

Write your Choices here:

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg</td>
<td>1</td>
<td>70</td>
<td>6 g</td>
</tr>
<tr>
<td>Ham</td>
<td>3 oz</td>
<td>140</td>
<td>14 g</td>
</tr>
<tr>
<td>Steak</td>
<td>3 oz</td>
<td>160</td>
<td>26 g</td>
</tr>
<tr>
<td>Black Beans</td>
<td>1/2 cup</td>
<td>114</td>
<td>8 g</td>
</tr>
<tr>
<td>Tofu</td>
<td>3 oz</td>
<td>80</td>
<td>8 g</td>
</tr>
<tr>
<td>Chia Seeds</td>
<td>1 oz</td>
<td>138</td>
<td>5 g</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1 TBSP</td>
<td>100</td>
<td>7 g</td>
</tr>
<tr>
<td>Walnuts</td>
<td>3 TBSP</td>
<td>180</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein Bar</td>
<td>1 bar</td>
<td>80-300</td>
<td>5 to 30 g</td>
</tr>
<tr>
<td>Flax Seeds</td>
<td>1 oz</td>
<td>140</td>
<td>6 g</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1/2 cup</td>
<td>110</td>
<td>4 g</td>
</tr>
<tr>
<td>Hummus</td>
<td>2 TBSP</td>
<td>60</td>
<td>3 g</td>
</tr>
</tbody>
</table>

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Are Protein Foods Difficult to Chew?

If you said yes, you are not alone, this is common as we age. Instead of avoiding protein, try these tips:

✓ Add peanut butter to smoothies, toast, bananas or to a liquid supplement.
✓ Add finely ground nuts to applesauce or cereal.
✓ High Protein Milk: Reconstitute nonfat dry milk with fresh milk. Use this high protein milk to make cream soups, pudding, or just to drink.

“Healthy eating is a way of life, so it’s important to establish routines that are simple, realistically, and ultimately livable.” – Horace

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Safety Notes
As you start muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises. This should lessen after a few weeks. To prevent injury, don’t jerk or thrust weights. Use smooth, steady movements. You may want to start alternating arms and work your way up to using both arms at the same time. Breathe out as you lift or push & breathe in as you relax. Don’t hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. Breathe in slowly through your nose and breathe out slowly through your mouth. Talk with your doctor if you are unsure about doing an exercise, especially if you’ve had hip or back surgery.

Arm Curl Exercise
TARGETED MUSCLES: Upper arm muscles
WHAT YOU NEED: Hand-held weights or household items (soup cans, bottles of water)

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

“Health is a relationship between you and your body” – Terri Guillemets Cicero

TIP
You can start with no weights, just squeeze your muscle. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

Source: Go4Life website
https://go4life.nia.nih.gov/