

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:

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!



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

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

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

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/> for exercises you can do at home!

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/>

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

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

Write your Choices here:

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.

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

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“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.



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/>

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