



Image by RitaE from Pixabay

EAT WELL, AGE WELL.

PROTEIN BREAKFAST FOODS

"Protein throughout the day, helps muscles stay."

Protein is essential for healthy aging. If you don't eat enough, it can result in loss of skeletal muscle mass, impaired physical function, frailty, impaired wound healing and decreased immune function. ***How much protein do you need?*** The Academy of Nutrition and Dietetics position paper noted that experts suggest older adults should split their protein intake to ***20-30 grams per meal on average***. Why? Studies suggest that 30 gram is the upper limit on how much protein can be used for muscle making (synthesis) at a time. Each person's needs are unique, but this is a good starting point.

This month's material will provide you with practical tips and suggestions to help you do this. If you are currently eating toast with jam or jelly and a cup of coffee when you wake up, this is not providing you with adequate protein. However, if you simply add a hard-boiled egg (6g protein) and/or an 8 oz. glass of cow's milk (8 g protein) and 2 TBSP of peanut butter (14 g protein) to your toast, you can meet the recommended level! It doesn't have to be hard, but it does take awareness and commitment to eat protein throughout the day.

WEEKLY CHALLENGES

TRY GREEK YOGURT WITH FRUIT FOR BREAKFAST

MAKE A LIST OF PROTEIN FOODS YOU ARE WILLING TO EAT AT BREAKFAST

MAKE YOUR HOT CEREAL WITH MILK INSTEAD OF WATER

STIR NUTS OR NUT BUTTER INTO HOT CEREAL

How Much Protein is in Foods?

Visit USDA's new website *Food Data Central*
<https://fdc.nal.usda.gov>

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Protein Breakfast Foods*
- Placemat/handout – *Dairy Plan a High Pro Breakfast Activity*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Toe Chair Stand Exercise*
- Table Tent- Protein Breakfast Overview

Week 3: Give out/Post

- Placemat/handouts – *Easy to Chew High Pro Breakfast*
- Table Tent- *Cottage Cheese*

Week 4: Give out/Post

- Placemat/handout- *Arm Curl Exercise*
- Table Tent- *Protein Boosters*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org