

# MUSCLE LOSS (SARCOPENIA) AND DIETARY INTAKE

Prevention and treatment of sarcopenia can be achieved through proper diet and physical activity. The macronutrient that has the most potential for reducing risk of sarcopenia is protein.

## WHAT IS SARCOPENIA



Sarcopenia refers to the decrease in muscle mass and the correlated reduction in strength with increased age. Protecting muscle mass and strength is important, as it prevents disability and protects mobility.

*Find out how to fit exercise into your daily life at <https://www.ncoa.org/resources/go4life/>*

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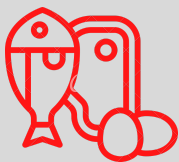
## WHO IS AT RISK



Sarcopenia is thought to begin at age 40, but it increases more rapidly following age 75. Risk factors for sarcopenia include **advanced age, sedentary lifestyle, malnutrition, and nutrient-poor diet.**

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## HOW MUCH PROTEIN DO I NEED



Research shows that older adults may benefit from **20 to 30g of protein per meal** for best utilization. To calculate your needs, divide your body weight by 2.2 to convert to kg and then multiply by 1.0 to 1.5g per kg body weight. After calculating total protein, divide by 3 to determine how many grams of protein you should consume at each meal.

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## WHY DO I NEED PROTEIN

Protein preserves muscle. Inadequate protein and calorie consumption causes the body to break down muscles to create energy. Also, muscle formation cannot occur in an under-nourished body. Protein is found in: eggs, Greek yogurt, cottage cheese, quinoa, milk, chicken, fish, tuna, turkey, peanut butter, mixed nuts, and beans.

# MEXICAN QUINOA

Makes 7 to 9 servings.

290 calories and 20 grams of protein per serving

## INGREDIENTS

- 2 tablespoons olive oil
- 2 boneless chicken breasts, cut into 1/2" cubes
- 1 cup diced red onion
- 2 garlic cloves, minced
- 3 bell peppers, diced
- 2 4 oz. cans diced green chilies
- 14 oz. can low-sodium pinto beans, rinsed and drained
- 1 cup diced roma tomatoes
- 1 cup quinoa
- 2 cups low-sodium chicken broth
- 2 teaspoons cumin
- 1/2 teaspoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup fresh cilantro, chopped
- 1/2 cup shredded cheese
- 1 avocado, diced
- 1/4 cup green onions, diced

## DIRECTIONS

1. Add olive oil and diced chicken to large skillet on medium heat. Cook chicken for 5 to 7 minutes until no longer pink (165F), turning throughout.
2. Use tongs to remove chicken from pan. Place chicken on plate and set aside.
3. Add onions to skillet and sauté for 3 to 4 minutes until translucent.
4. Add garlic to skillet and sauté for 30 seconds.
5. Add peppers to skillet and sauté for 1 to 2 minutes.
6. Add green chilis, pinto beans, chicken broth, roma tomatoes, quinoa, cumin, smoked paprika, salt, ground pepper, and cilantro to skillet. Stir and bring ingredients to a boil.
7. Stir in cooked chicken to skillet. Cover and reduce to a simmer for 15 to 20 minutes, until liquid is evaporated and quinoa is cooked through.
8. Remove skillet from heat and sprinkle cheese on top. Cover and let sit for 1 minute, until cheese is melted.
9. Serve dish with fresh avocado, green onions, and fresh cilantro.

***Created by: GWAAR Nutrition Team in Collaboration with UW-Stout student Callie Loeschke***

### Sources:

<https://www.osteoporosis.foundation/> | <https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise#activity> | <https://gwaar.org/api/cms/viewFile/id/2003293> | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3928027/>