



EAT WELL TO MOVE WELL SERIES



PROTEIN POWERS YOUR MUSCLES

**Protein =
Muscle,
Balance,
Healing**



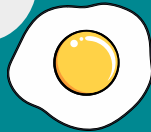
As we age, we need MORE protein- not less!

- Maintains Muscle Mass
- Balance & Fall Prevention
- Healing & Recovery

**Click [here](#) to
learn more**

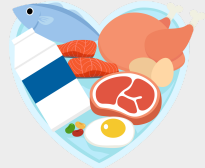
Protein First!

**Start meals by
asking:
“Where’s my
protein?”**



Protein Recommendations

- Aim for **20-30 g** protein per meal and **10-15 g** protein per snack
- Pair protein with healthy fats & fiber
- Focus on consuming protein post-workout for muscle recovery

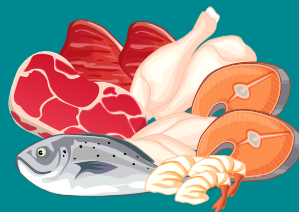


Click [here](#) to calculate how much protein YOU need

Easy Ways to Add More Protein

- Mix protein powder or milk into oatmeal or smoothies
- Add Cheese or beans to soups and salads
- Choose Greek yogurt instead of regular yogurt or cottage cheese
- Drink milk instead of water with meals
- Keep ready-to-eat options available (hard-boiled eggs, yogurt, nut & seed butters)

Click [here](#) for more tips!



What does 20-30 g of Protein Look Like?

- Greek Yogurt (1 cup)~ 20g
- Chicken (3 oz)~ 25g
- Salmon or Tuna (3 oz)~ 20-25g
- Cottage Cheese (1 cup)~ 25g
- Beans or Lentils (1 cup)~ 15-18g
- 3 eggs + 1 slice WG Toast~ 20g
- Pork Chop (3 oz)~ 22g
- Shrimp (4 oz)~ 20-25g
- Tofu (1.5 cups)~ 20g
- Hamburger Patty (4 oz)~ 28g
- 1 scoop of protein powder~ 20-30g

**Click [here](#) for
more ideas!**



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PROTEIN POWERS YOUR MUSCLES

Common Problems

Many Older Adults:

- Skip protein at breakfast
- Eat most protein at dinner
- Don't eat enough overall

Helpful Solutions

Start your day with **20-30g** of protein!



Mix & Match!

Combine foods containing protein to hit your meal (**20-30g**) and snack (**10-15g**) protein goal!

Carbs and Protein are Friends!

Pair **protein + carbs** for better energy and recovery as these nutrients work together to build muscle (Example: Greek yogurt + fruit)



Fuel your body within 30-60 minutes after exercise with protein + carbs



This window is your body's "prime time" for maximizing muscle growth, tissue repair, and replacing energy stores

Post-Workout Dream Team= Carbs + Protein

Quick Snacks (10-20g protein):

- Chocolate Milk
- Cottage Cheese with Fruit
- Greek Yogurt + Granola

Meals (20-30g protein):

- Turkey sandwich on whole grain bread
- Grilled chicken + rice + veggies
- Stir fry with tofu or shrimp

[Click here for meal ideas](#)



EAT WELL TO MOVE WELL SERIES



CARBOHYDRATES FUEL YOUR MOVEMENT

**Carbohydrates
(Carbs)=
Energy,
Endurance,
Recovery**



**As we age, we still need
carbohydrates!**



Don't cut carbs too low

- Provides energy for daily movement
- Prevents fatigue and weakness
- Helps maintain activity levels

Click [here](#) to learn more



Carbohydrate Recommendations

- Include carbs at **every** meal and snack
- Aim for **45-65%** of daily calorie intake to come from carbs
- Focus on fiber rich complex carbs, aiming for at least **30 grams of fiber** daily

What are Complex (Fiber-Rich) Carbs?

- Think: Slow Energy + Lasting Fullness
- Fiber helps keep you fuller for longer and supports blood sugar control
- Examples
 - Whole Grains: brown rice, oatmeal, quinoa, whole grain bread
 - Fruits: apples, berries, oranges, bananas
 - Vegetables: sweet potatoes, peas, squash, corn
 - Beans & Legumes: black beans, lentils, chickpeas



**Click [here](#) to learn more
about the types of carbs**

Simple Swap Ideas to Include More Fiber



- White Bread → Whole Grain Bread
- White Rice → Brown rice or quinoa
- Sugary Cereal → Oatmeal or high-fiber cereal
- Chips → Popcorn or whole grain crackers
- White Pasta → Whole grain, lentil, brown rice or pasta
- Mayo → Avocado
- Ground Beef → Black bean burger

Click [here](#) for more ideas

How many carbs should I eat:



Snacks: 15 grams

- 1 small apple
- 1/2 banana
- 1 medium orange
- 15 medium strawberries
- 1/2 cup unsweetened applesauce
- 8 ounces white milk
- 15-20 pretzels
- 1 small bunch of grapes
- 1/4 cup raisins

Meals: 45-60 grams

- 1 cup of oatmeal + 1/2 cup berries
- 1 cup Raisin bran cereal
- 1 cup cooked rice
- 1 cup cooked pasta
- 1 1/2 cup cooked grits
- 1 Bagel
- 6-inch whole wheat role + 1 medium fruit
- 2 slices whole grain bread + 1/2 banana

Click [here](#) for snack ideas

Click [here](#) for meal ideas



EAT WELL TO MOVE WELL SERIES



CARBOHYDRATES FUEL YOUR MOVEMENT

Common Problem

Many Older Adults:

- Avoid carbs or eat too little
- Exercise on an empty tank
- Skip carbs at meals

Helpful Solutions

- Add carbs to every meal
- Choose high-fiber options
- Fuel with carbs before exercise



Carbs= fuel for muscles + brain

- Brain's preferred source of energy
- Prevents energy crashes
- Helps you stay active longer

Don't fear carbs- make healthful choices!

- Whole grains > refined carbs
- Fiber helps with digestion and fullness
- Balanced meals= better energy

Click [here](#) for more tips

2-3 hours before activity:

- Hydrate with water
- Consume a balanced meal with complex carbs and protein
- Avoid fats (especially saturated) as these digest slower and take away energy-delivering blood from muscles



Fueling for Activity

30-60 minutes before activity:

- Consume 15-30 grams of carbohydrates, depending on exercise intensity and duration (>1 hour, aim for 30 grams of carbohydrates)
- Think simple carbs -? fruit, granola bar, applesauce, handful of crackers



0-60 minutes after activity:

- Hydrate with water
- Consume balanced meal with complex carbs, protein, and healthy fats

Click [here](#) to learn more

When in doubt, Performance Plate it out!

Click [here](#) to learn more

- 1/4 - 1/2 plate= Carbohydrates
- 1/4 plate = Protein
- 1/2 plate = Fruits & Veggies
- 1-2 servings of healthy fat
- Milk and Water





EAT WELL TO MOVE WELL SERIES



HYDRATION DRIVES YOUR PERFORMANCE

**Hydration =
Performance,
Focus, &
Mobility**



As we age, hydration matters MORE



Don't wait until you're thirsty!

- Thirst signals become less strong
- High risk of dehydration (~28%)
- Even mild dehydration can cause fatigue, confusion and weakness

Click [here](#) to learn more



Hydration Recommendations

- About 9 cups/day (women), 13 cups/day (men) OR roughly 1/2 your body weight in ounces
- Includes fluids from drinks + foods
- Needs increase with activity, heat or illness

**Hydration
First!**

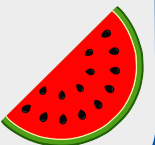


**Start your
day by
asking:
“Have I had
water yet
today?”**

What Counts as Hydration?



- Water
- Tea
- Milk
- Soups and broths
- Fruits and vegetables
- Juice



Make Hydration a Habit



Build a Routine

- Drink when you wake up
- Drink with meals and snacks
- Drink with medications
- Drink before/after activity

Linking hydration to habits= consistency

Click [here](#) to learn more



Quick Hydration Check

- Urine is pale yellow
- You're not feeling thirsty
- You have steady energy

Click [here](#) to learn more



EAT WELL TO MOVE WELL SERIES



HYDRATION DRIVES YOUR PERFORMANCE

Common Problems

Many Older Adults:

- Don't feel thirsty
- Forget to drink water
- Don't drink enough throughout the day

Helpful Solutions



- Sip fluids consistently all day
- Keep water nearby at all times
- Pair drinking with habits (meals, medications)



Hydration Helps you Move better!

- Prevents fatigue and dizziness
- Improves coordination and balance
- Support muscle function
- Better hydration= better movement

Easy Ways to Drink More



- Carry a water bottle
- Add lemon, fruit, or cucumber for flavor



- Drink soups or smoothies
- Choose beverages you enjoy



Signs of Dehydration



- Dark yellow urine
- Fatigue or weakness
- Headache
- Dizziness
- Dry mouth
- Confusion

Click [here](#) to learn more

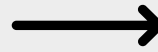
Hydration for Activity

Before



- Hydrate throughout the day
- 8-16 oz about 1-2 hours before movement

During



- Small sips every 15-20 minutes, especially if you are sweating or activity is >30 minutes

After

- Rehydrate with 16-24 ounces of water and include fluids with a meal or snack to replace what is lost



Click [here](#) to learn more



EAT WELL TO MOVE WELL SERIES



BONE & JOINT HEALTH SUPPORTS YOUR MOVEMENT

Bones & Joints= Stability, Support, & Independence



As we age, bone & joint health matters MORE

- Bone loss increases risk of fractures
- Joint stiffness can limit movement
- Nutrition helps maintain strength, flexibility, and independence

Click [here](#) to learn more

Calcium + Vitamin D= Strong Bones

- Calcium builds and maintains bone
- Vitamin D helps your body absorb calcium
- Together → reduce fracture risk



Click [here](#) to learn more

How much Calcium & Vitamin D Do I Need?

Calcium

- Women older than 50 and men older than 70: **1,200 mg/day**
- Men age 51 to 70: **1,000 mg/day**



Vitamin D

- Children & adults age 1 to 70: **15 mcg (600 IU)/day**
- Adults older than age 70: **20 mcg (800 IU)/day**

Food Sources of Calcium & Vitamin D



Calcium

- Milk, cheese, yogurt
- Fish (salmon & tuna)
- Leafy green vegetables
- Tofu
- Small fish with bones (sardines & canned salmon)

Vitamin D

- Trout
- Salmon
- Tuna
- Mackereal
- Fortified dairy products
- Fortified cereals & Orange juice



Click [here](#)
to learn
more

Easy Ways to Support Bone Health

- Choose milk or fortified beverages with meals
- Add yogurt to breakfast or snacks
- Include leafy greens (kale, collards, broccoli)
- Get safe sun exposure or fortified foods with vitamin D
- Ask: “Did I get my calcium today?”





EAT WELL TO MOVE WELL SERIES



BONE & JOINT HEALTH SUPPORTS YOUR MOVEMENT

Start your day
by asking



*“Am I
fueling my
bones and
joints
today?”*

Anti- Inflammatory Foods= Healthy Joints



Why it Matters:

- Reduced joint pain & stiffness
- supports mobility & recovery
- Helps manage chronic inflammation



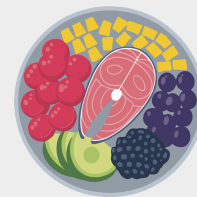
Lifestyle Habits that Protect Bones & Joints



- Strength training → builds bone density
 - Weight-bearing activity (walking, stairs)
 - Maintain a healthy weight
 - Avoid smoking & excess alcohol
 - Get adequate sleep
- [Click here to learn more](#)

Fueling for Bone & Joint Health

- Pair calcium foods + vitamin D sources
- Eat balanced meals:
 - 1/4 plate whole grains
 - 1/2 plate fruit and vegetables
 - 1/4 plate protein
- Stay hydrated to support joint lubrication



Five Dietary Approaches that May Help Reduce Inflammation

- **Step 1:** Make Fruits and Vegetables Half Your Plate
 - Eat a variety of brightly colored fruits and vegetables. Include dark green, red, and orange vegetables, as well as beans and peas
- **Step 2:** Be Smart about Protein
 - Include leaner protein foods, meatless meal, low-fat or fat free dairy products and minimize highly processed foods such as deli meat, bacon, and sausage
- **Step 3:** Choose Healthy Fats
 - Use olive, avocado, safflower, sunflower, canola and peanut butter and eat omega-3 rich foods including walnuts, salmon, flaxseed, chia seeds and hemp seeds
- **Step 4:** Select Whole Grains
 - Include a variety, such as brown rice, quinoa, millet and wheat
- **Step 5:** Experiment with Fresh Herbs and Spices



[Click here to learn more](#)