



Protein – Are You Getting Enough?

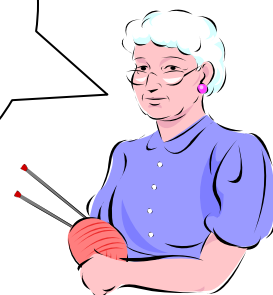
Why do we need protein?

- ❖ To help prevent illness and infection
- ❖ To transport nutrients to cells
- ❖ To keep organs working well
- ❖ To keep hair, skin, and nails healthy
- ❖ To build muscles and bones



Older adults
need more
protein because
of illness and
injury.

And their
bodies absorb
and use
protein less
efficiently.



**How much protein you
need each day depends
on your weight:**

Body Weight	Grams of Protein Needed
110	45 – 63
120	49 – 68
130	53 – 74
140	57 – 80
150	62 – 86
160	66 – 91
170	70 – 97

Adults over the age of 70 have 40% less muscle mass than young adults.

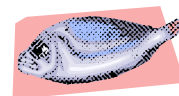


What Foods Have the Most Protein?

Food item	Amount	Grams of protein
Chicken	3 oz	25
Beef	3 oz	22
Fish	3 oz	19
Egg	1 large	6
Milk	8 fl oz	8
Cheese	1 oz	6 – 8
Yogurt	1 cup	8 – 11
Beans	½ cup	6 – 8
Nuts	¼ cup	5 – 10
tofu	3 oz	7
Pasta	1 cup	7
Rice	¾ cup	3
bread	1 slice	3 – 4

Protein the healthy way:

- Use low cholesterol egg substitute
- Try loin and leg cuts of meat.
- Consume non-fat and low fat dairy foods.
- Eat skinless poultry
- Eat more cooked dried beans and peas
- Eat small amounts of nuts.
- Eat enough calories to ensure your body does not break down the proteins you eat into energy.



If your appetite is low, eat meat and cheese– you'll get a lot of protein with less food.

Or try drinking your protein in the form of milk or liquid food supplements.

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Baked Beans Cake

INGREDIENTS:

1 cup raisins
1 cup boiling water
1 19-oz can baked beans
3 eggs
1 cup canola oil
2 cups granulated sugar
2 cups flour
1 tsp baking soda
½ tsp baking powder
1 tsp cinnamon
½ teaspoon salt
1 cup chopped pecans
1 tsp vanilla extract

PREPARATION:

- Place raisins in a bowl and pour boiling water over them, set aside.
- In a large mixing bowl, mash beans with a fork.
- Add eggs, oil, and sugar – beat well.

- Combine flour, baking soda, baking powder, cinnamon and salt.
- Stir into bean mixture.
- Drain raisins and reserve liquid.
- Add raisins, nuts and vanilla to batter.
- If batter is too thick, add a little of the raisin water, stirring to combine.
- Pour mixture into a greased 13" x 9" baking pan.
- Bake at 325 degrees for approximately 1 hour or until tester inserted in center comes out clean.
- Cool in pan on a rack.
- Frost as desired.

