

Got
Protein?



Be a Protein Pro

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HEALTH



Inspired by you

What is Protein?



- ❑ Protein builds and repairs body tissues
- ❑ Adequate protein intake...
 - Is essential to maintain lean body mass (muscle)
 - Can help provide satiety and create fullness at meals to help manage your weight
 - Is important to refuel your muscles after any type of physical activity
- ❑ Protein sources can come from both animals and plants

Sources of Protein



❑ Animal

- Meat (chicken, turkey, pork, beef, lamb) and fish
- Milk, cheese, cottage cheese, yogurt
- Eggs

❑ Plant

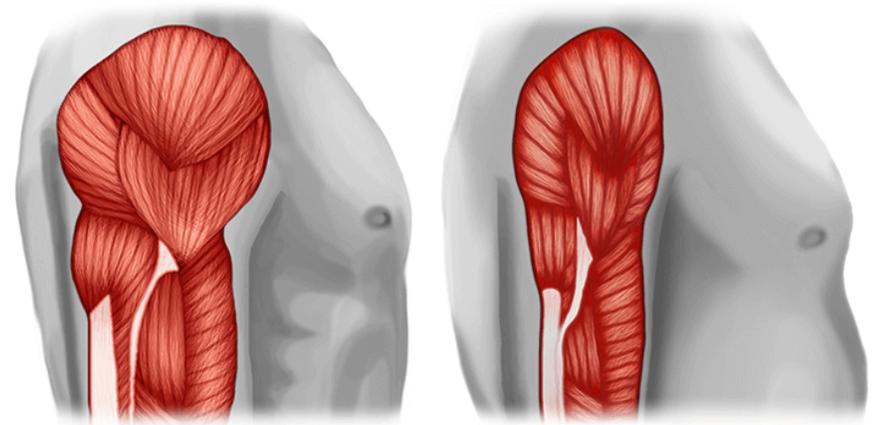
- Beans (pinto, navy, kidney, black, garbanzo)
- Nuts
- Seeds
- Tofu



Why is Protein Important?

- ❑ Protein has been proven to be essential for...
 - appetite control
 - weight loss and maintenance
 - fitness/performance, and other health outcomes
- ❑ Controlled, moderately higher protein diets can lead to greater weight loss and body fat loss.
- ❑ Higher protein diets have also been linked to...
 - less weight “re-gain”
 - preserving muscle mass in older individuals

Age-Related Sarcopenia



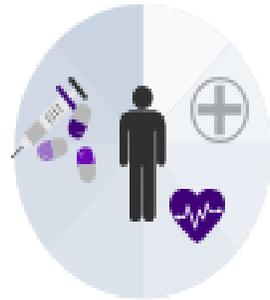
- ❑ What is sarcopenia?
 - Loss of muscle mass with aging
 - Sarcopenia begins as early as your 30s
- ❑ If physically inactive, people lose up to 3-5% of their muscle mass every decade after age 30.
- ❑ After 75, the rate of muscle loss speeds up, especially when not regularly active or with appetite decrease.

Protein Needs

Healthy adults <50



0.36 g per lb



0.4 g per lb

Age 50-65 with
chronic disease

Age 65+
and
Recreational/regularly
active adults (all ages)



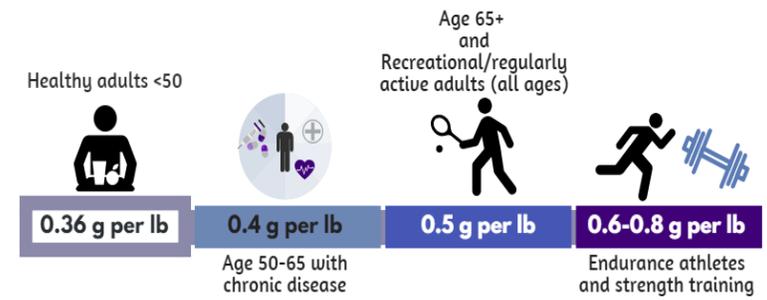
0.5 g per lb



0.6-0.8 g per lb

Endurance athletes
and strength training

Example



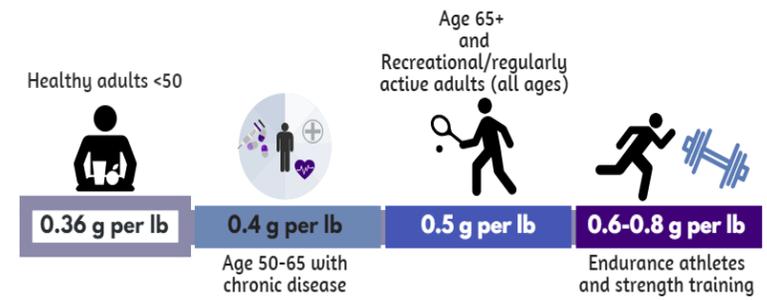
□ How much protein does a 58 year old with diabetes weighing 210 pounds need per day?

- Calculate using weight in pounds x protein factor
- Protein factor: 0.4 grams per pound
- $210 \text{ lbs} \times 0.4 = 84 \text{ g protein per day}$

□ How much protein does a 67 year old who is regularly active weighing 185 pounds need per day?

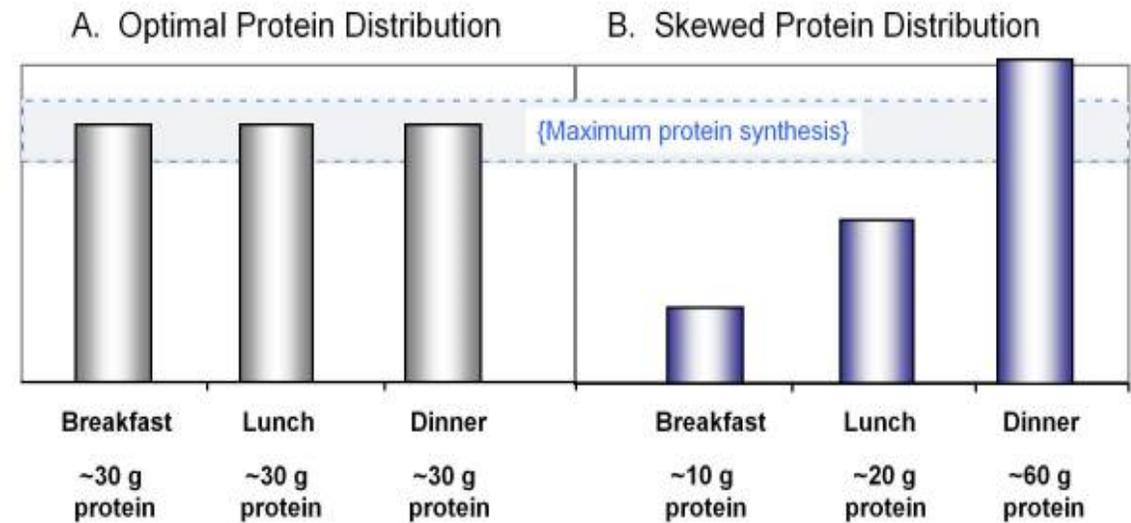
- Calculate using weight in pounds x protein factor
- Protein factor: 0.5 grams per pound
- $185 \text{ lbs} \times 0.5 = 92.5 \text{ g protein per day}$

Practice!!!



- How much do you weigh in pounds? _____ lbs
- What is your protein factor?
 - 0.36 g per lb – healthy adults <50
 - 0.4 g per lb – age 50-65 with chronic disease
 - 0.5 g per lb – age 65+ and regularly active adults
 - 0.6-0.8 g lb – endurance athletes and strength training
- _____ (your weight) x _____ (protein factor) = _____ g pro

Protein Pattern



- ❑ SPREAD out your protein intake!
 - Our bodies do NOT benefit from more than 30 grams at one time
 - Aim to eat protein 3-4 times per day to get the most benefit
- There of course will be times we eat more than 30 grams of protein at a meal – but remember that our bodies will use 30 grams or 90 grams THE SAME way



Protein Quality

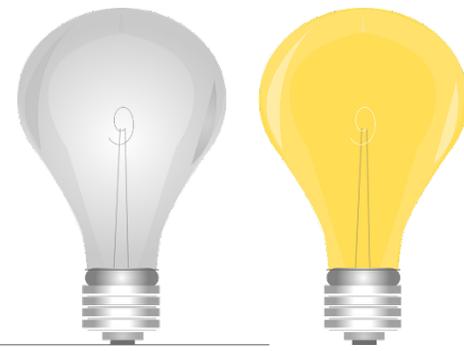
- ❑ Choose healthy, lean sources of both animal and plant based protein
 - ❑ Animal sources of protein are considered the highest sources of quality protein
 - ❑ Processed meats (bacon, sausage, brats, etc.) are low quality protein
 - ❑ Plant sources of protein are limited in their amount of protein content and considered “incomplete”
 - BUT offer many of the benefits of protein in terms of fullness, protein synthesis and are heart healthy

Breakfast

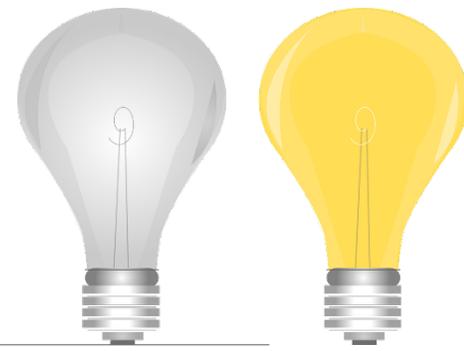


- ❑ Breakfast must be optimized in order to reach goals – eat a healthy breakfast with focus on quality protein.
 - When you go to bed, your body goes into fasting.
 - The main goal is to break the fast from sleep and get your metabolism going again.
 - When we skip breakfast (or any meal), our body goes into panic mode, thinking that you aren't going to feed it. So, it burns fewer calories as a way to make what you have last.
 - Eating regular meals and snacks as needed can improve not only your energy levels and general health, but also your weight.

Protein Ideas



- ❑ Include protein in your snacks!
 - ❑ Peanut butter, hummus, string cheese, cottage cheese, plain greek yogurt
- ❑ Next time you make eggs or an omelet – add in some cottage cheese
 - ½ cup of cottage cheese has 15 grams of protein and 100 calories
- ❑ Beans – one of the most inexpensive sources of protein!
 - ½ cup of black beans has 7 grams protein and 6 grams of fiber – they are a great filler for most meals
 - Add them to a wrap or a salad
 - Mix them into casseroles and add extra to your chili and soups



More Protein Ideas

- ❑ Wraps – make them your “go-to” for lunch – choose whole wheat or whole grain tortillas, English muffins, or flatbreads.
 - Use canned chicken or tuna, egg salad, low fat & sodium lunch meat or peanut butter to boost your protein
 - If you need a “dressing”, try with hummus or plain Greek yogurt
- ❑ Remember – not all meat & dairy sources stack up for protein.
 - ❑ Compare chicken breast to a brat!
 - ❑ Chicken: 142 calories, 3 g fat, 1 g saturated fat, 27 g protein
 - ❑ Brat: 196 calories, 17 g fat, 4 g saturated fat, 8 g protein

Thank you!

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By building caring relationships with those we serve,
we guide the journey to health and wellness.