

# Protein – Are You Getting Enough?

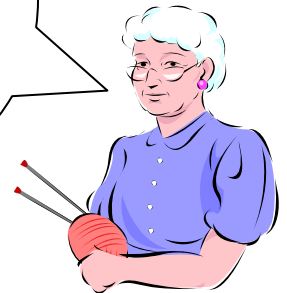
## Why do we need protein?

- ❖ 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.

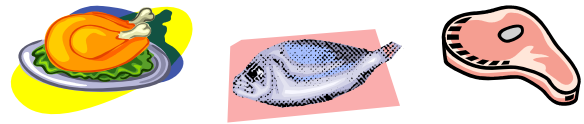


## What Foods Have the Most Protein?

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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Dr. Scott Angle, Dean and Director

## 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.



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