Powerful Protein

Several studies have identified protein as the key nutrient for muscle and bone health as we age into late adulthood. To stay living independently you need to maintain muscle mass and strength. As you age it is harder to maintain the muscle mass you have, and you actually need MORE protein than when you were younger. Besides maintaining your muscle mass, protein helps with maintaining your immune system to fight off becoming sick, it also helps carry and store nutrients, and helps build up and break down nutrients. The newer recommendations call for seniors to eat between 25 to 30 grams of protein in each meal. A good recommendation is to eat your protein foods first in your meal.

Protein is found in many foods, but some have more than others. High protein foods come from animals from meat, dairy, and eggs. Try to eat meat that is lower in fat. Lean ground meats include beef with a lower percentage of fat content. Turkey or chicken without the skin. Fish or shellfish and eggs. Try to grill or bake to keep the fat content low or drain off the fat after cooking. Each one ounce serving of meat, or one egg provide about 7 grams of protein so a regular size hamburger would provide you with about 21 grams.

Dairy includes milk, cheese, cottage cheese and yogurt. Same as the meat, try to choose lower fat options. A serving from this group provides be-

For those older adults that can't consume milk, purchase one of the many dairy alternative milks; look for one that is higher in protein to help meet your needs.

Plant based high protein foods include nut butters, whole nuts, seeds, beans, peas, lentils, and tofu. Nuts include healthy fats known to help with lowering heart disease. Beans and lentils include a good dose of fiber, B vitamins, potassium, and iron. Each ½ cup serving of beans can provide you with about 7 grams of protein. The serving size of nuts is on a smaller size of ¼ cup but don't let that fool you, that amount can provide about 7 grams of protein.

Here are some tips to add extra protein to meals and snacks:

*Add beef or chicken to soups, canned spaghetti sauce or pasta dishes
*Have cottage cheese with fruit
*Put nuts or beans in your salad
*Put peanut butter on crackers, bread, waffles or carrots and celery sticks
*Mix hard boiled eggs with tuna or a salad
*Have a Greek yogurt with nuts sprinkled on top or have a Greek yogurt smoothy
*Canned fish with crackers

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Silver Key Home Delivered Meals
including Meals on Wheels

August 2022

	1 Meatballs w/ Pasta Broccoli Strawberries Roll & Milk	2 Pico Pollock Bahama Veg Wild & Brown rice High Fiber Cookie Pears & Milk	3 Baked Ham Sweet Potatoes Broccoli WW Bread Peaches & Milk	4 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple & Milk	5 Chicken Cacciato-re, Pasta Green Beans WW Roll Diced Pears & Milk	6 Swiss Steak Mashed Potatoes Peas Coleslaw Banana & Milk
7 Chicken Marsala Red Potatoes Brussel Sprouts Green Bean Salad Apple & Milk	8 Chicken Stir Fry Peas, Brown Rice Asian Cabbage Slaw Orange & Milk	9 Tuna Salad Croissant Chickpea Soup Sunflower Brocco-li Salad Apple & Milk	10 Chicken Pot Pie w/ Biscuit Succotash Tossed Salad w/ Dressing Pear & Milk	11 Pork Chop w/ On-ions Peppers Mashed Potatoes Brussels Sprouts, Fruit Salad Cookie & Milk	12 Breaded Catfish Wild & Brown Rice Peas, Spinach Mandarin Salad Banana & Milk	13 Chicken Piccata Pasta Blend Vegetables Peaches Cookie & Milk
14 Beef Stew Succotash WW Roll Pineapple Orange Compote & Milk	15 Chicken Chow Mein, Brown Rice Asian Vegetables Chocolate Chip Cookie, Raisin Nut Cup, Pear & Milk	16 Stuffed Bell Pep-per Baby Potatoes Cauliflower Carrot Raisin Salad Peaches & Milk	17 Jerk Chicken Sand-wich Cream of Potato Soup, Coleslaw Apple & Milk	18 Meatloaf w/ Gra-vy Mashed Potato Peas and Carrots Three Bean Salad Orange & Milk	19 Baked Tilapia Lemon Herb Rice Mixed Vegetables Coleslaw, Tropical Fruit Roll & Milk	20 Baked Ham Sweet Potatoes Broccoli WW Bread Peaches & Milk
21 Slow Roasted Beef Mashed Potatoes Peas, Carrot Rai-sin Salad Apple & Milk	22 Chicken Teriyaki Brown Rice Succotash Asian Cabbage Slaw, Apple & Milk	23 Sloppy Joe Carrots, Coleslaw Pineapple Sugar Cookie & Milk	24 Taco Salad w/ & Avocado, Tortilla Chips, Corn Chow-der, Pear & Milk	25 Chicken Mole Vegetable Blend, Spanish Rice, Black Bean Salad, Carrot Cake, Or-ange & Milk	26 Crab Cakes Broccoli Cheddar Rice, Green Bean Almandine, Applesauce, Raisin Nut Cup & Milk	27 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple & Milk
28 Pork Chop w/ On-ions Peppers Mashed Potatoes Brussels Sprouts Tropical Fruit Sal-ad, Cookie & Milk	29 Pepper Steak Brown Rice Succotash Dinner Roll Strawberries & Milk	30 Chicken Chimichanga Spanish Rice Tossed Salad w/ dressing Apple & Milk	31 Chicken Salad w/ Croissant Tomato Basil Bisque High Fiber Cookie Orange & Milk	Menu substitutions may occur without notice. Clients are advised to keep a three-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergency that may cause a temporary suspension of ser-vice.		