

Stay Strong: Protein Counts



Muscle and bone loss starts in our 30s and accelerates as we age.¹

OPTIMIZE STRENGTH

Are you 65 or older?
Aim to get 30 or more grams
of protein at EACH MEAL.²



**Breakfast
30 g+**



**Lunch
30 g+**



**Dinner
30 g+**

AMOUNT OF PROTEIN IN COMMON FOODS

More than 20 g	10 g to 20 g	Less than 10 g
Beef, pork, lamb, goat, chicken, fish and seafood, turkey, veal, game meats, organ meats	Canned fish, eggs, tempeh, deli meats, cottage cheese, Greek yogurt, edamame	Cheese, plain yogurt, milk, soy milk, nuts and seeds, nut butters, tofu, chickpeas, lentils, beans, hummus

Based on Health Canada's standard serving sizes.³ Canadian Nutrient File 2015.



Eat well



Keep active



Get regular
check ups



Stay
connected

Find out more:



This is for educational purposes only. This is not medical advice. Always follow the advice of your doctor.

1. Padilla Colón CJ et al. Muscle and Bone Mass Loss in the Elderly Population: Advances in diagnosis and treatment. J Biomed (Syd). 2018;3:40-49.
2. Hengeveld LM et al. Prospective associations of protein intake parameters with muscle strength and physical performance in community-dwelling older men and women from the Quebec NuAge cohort. AJCN. 2021.
3. Health Canada. (2022). Table of Reference Amounts for Food.

THINKBEEF

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