

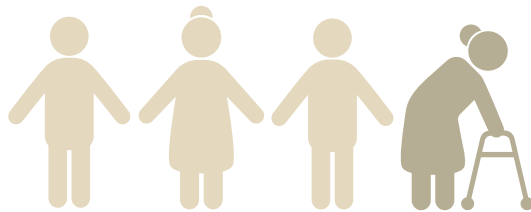
Eat Well, Age Well: PROTEIN CHECK for Frailty Prevention



Frailty is a medical condition that may result in:

- Muscle loss and weakness
- Risk for falls and fractures
- Loss of independence
- Reduced quality of life

Frailty is common but preventable



1 in 4
seniors live with **frailty**¹

Getting enough protein can help reduce frailty risk

Protein needs for optimal strength increase in the senior years.



In addition to adequate protein, an overall healthy diet and regular exercise contributes to counteract muscle and bone loss as we age.

Protein content per standard serving of common foods

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

Standard Serving Sizes from Health Canada's Table of Reference Amounts for Food. Canadian Nutrient File 2015.

This is for educational purposes only. Protein needs can vary.

1. Frailty matters to older Canadians. Addressing the frailty crisis: meeting the health-care and social services need of older Canadians. Canadian Frailty Network. 2019.
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.



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