

# Stay Strong: Protein Counts



**Muscle and bone loss starts in our 30s and accelerates as we age.<sup>1</sup>**

## OPTIMIZE STRENGTH

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



**Breakfast  
30 g+**



**Lunch  
30 g+**



**Dinner  
30 g+**

### AMOUNT OF PROTEIN IN COMMON FOODS

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

Based on Health Canada's standard serving sizes.<sup>3</sup> 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 (Sydney). 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. Am J Clin Nutr 2021;113(4):972-983.  
3. Health Canada. (2022). Table of Reference Amounts for Food.

**THINKBEEF**

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