

ARE YOU EATING ENOUGH PROTEIN?

Protein needs:

Most senior adults need 0.36 grams per lb which is about 50-60 grams for someone that is 150 lbs.

Active individuals that want to maintain and build muscle need typically 0.5 - 0.7 grams per lb about 72 grams per 150 lb. This amount of protein prevents many signs of protein deficiency.

Signs of protein deficiency may include: Brittle nails or loss of hair, loss of muscle mass, muscle weakness, weakened immunity, dry flaky skin, sugar cravings, mood swings, relentless fatigue.

Foods high in protein:

Oatmeal - 10g / 1 cup
Broccoli - 5g / 1 cup cooked
Black beans - 7.6g / 1/2 cup cooked
Quinoa - 8g / 1 cup
Tofu - 20g / 1 cup
Tempeh - 31g / 1 cup
Potato (red) - 7g / 1 large
Rice (brown)- 5.5g / 1 cup
Silk **Protein** Milk (Blend of nuts) - 13g / 1 cup
Avocado (half of one)- 2g
Greek yogurt - 17g / 1 cup
Lentils - 18g / 1 cup
Peanut butter - 7g/ 2 tbsp
Almonds - 6g 1/4 cup
Chickpeas - 6g / 1/2 cup
Green peas - 4g / 1/2 cup
Spinach - 6g / 1 cup cooked
Rice (white) - 4.2g / 1 cup
Corn (medium ear) - 3g
Pumpkin seeds - 5g / 1/4 cup



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RECIPES HIGH IN PROTEIN

Red Lentil Coconut Curry

4 cloves garlic minced
1 1/2 cups red lentils (uncooked)
2 cups vegetable broth
1, 400 ml can coconut milk
1 400 ml can tomatoes (diced)
1 handful spinach, add after cooking
1 onion minced
1 red pepper, minced
1/2 tsp ginger
2 Tbsp ketchup
1/2 tsp salt
2 Tbsp curry powder

Fry garlic and onions. Add other ingredients. Simmer till lentils are soft. Serve over brown rice.

Cowboy Caviar Salad*

1 avocado, chopped
1 can corn
1 cup tomatoes, chopped
1 can black eyed beans
1/2 red onion, chopped
1 can black beans
1 yellow pepper, chopped
1 lime
1/2 tsp salt, garlic, basil

Dressing:
1/2 cup olive oil,
1/4 cup red wine vinegar,
juice of 1/2 lime.

*** Per ¾ cup:** 9 g protein

Add 1/2 lime juice to avocado first. Then mix in spices, then dressing.

Peanut Butter Balls*

1 cup rolled oats - can use gluten free oats
1/2 cup ground flax seed
1/2 cup creamy or crunchy peanut butter (or any nut butter)
1/2 cup mini chocolate chips or carob chips
1/3 cup honey or 2-3 tbsp maple syrup
1 tsp vanilla
In a medium bowl, using a wooden spoon, stir together the above ingredients. Line a baking sheet with parchment paper. Using a medium ice cream scoop, roll into 1-2" balls and place on the lined cookie sheet. Freeze for 15-30 minutes. Toss into a freezer bag or container.

***Per ball:** 94 calories, 11 g Carbs, 5 g Fat, 3 g protein
Optional: For extra protein add 1 scoop of vanilla plant-based protein powder. Plant based protein usually gives you 20 g protein in one scoop and can be added to many recipes or plant based milk to boost your protein levels. (Usually made with pea and flax protein.) Available on Amazon and at Costco. Check the nutritional facts of whatever brand you choose.

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