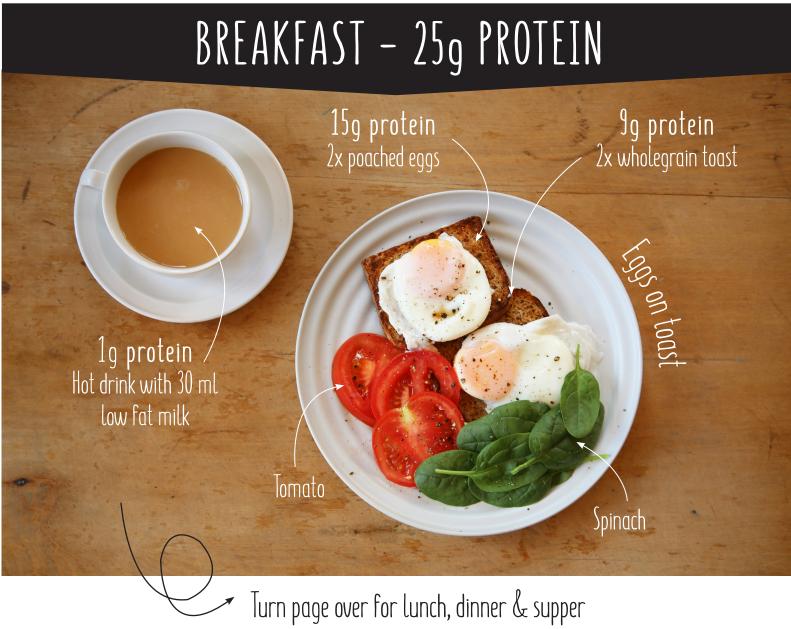
DAILY MEAL PLAN - 75g PROTEIN

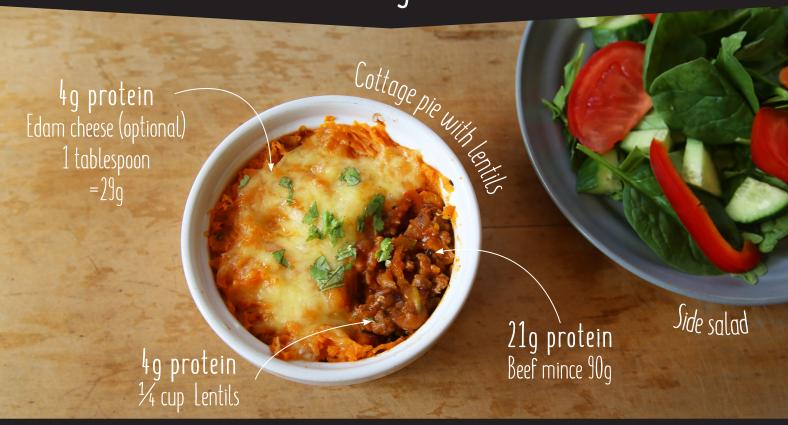
For positive aging, research suggests that resistance exercise¹ and eating protein in sufficient quantities can help to maintain muscle mass and optimise muscle function. Older adults should eat at least 1-1.2g protein per kilogram of body weight per day^{2,3}. This equates to around 75g of protein a day and is recommended that this is distributed evenly across the day⁴ as shown in our meal plan example. Animal protein, such as lean meat, eggs and fish have the benefit of providing all the essential amino acids and can be eaten in smaller quantities to efficiently provide the 25g per meal.



REFERENCES:

- 1. Montero-Fernández N, Serra-Rexach JA. Role of exercise on sarcopenia in the elderly. Eur J Phys Rehab Med, 2013; 49 (1): 131-143
- 2. Bauer J, Biolo G, Cederholm T, et al. Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper From the PROT-AGE Study Group. *J Am Med Dir Assoc*, 2013; 4 (8): 542-559.
- 3. Traylor DA, Gorissen S, Phillips SM. Perspective: Protein requirements and optimal intakes in aging: Are we ready to recommend more than the recommended daily allowance? *Adv Nutr*, 2018; 9:1-12.
- 4. Farsijani S, Marais J, Payette H, et al. Relation between mealtime distribution of protein intake and lean mass loss in free-living older adults of NuAge study. *Am J Clin Nutr*, 2016; 104 (3): 694-703.

LUNCH - 25g+ PROTEIN



DINNER + SUPPER - 25g PROTEIN



BEEF + LAMB
NEW ZEALAND

For protein rich meal ideas visit recipes.co.nz