

# DAILY MEAL PLAN – 75g PROTEIN

For positive aging, research suggests that resistance exercise<sup>1</sup> 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<sup>2,3</sup>. This equates to around 75g of protein a day and is recommended that this is distributed evenly across the day<sup>4</sup> 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.

## BREAKFAST – 25g PROTEIN



1g protein  
Hot drink with 30 ml  
low fat milk

15g protein  
2x poached eggs

9g protein  
2x wholegrain toast



Eggs on toast

Tomato

Spinach

Turn page over for lunch, dinner & supper

### 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

4g protein  
Edam cheese (optional)  
1 tablespoon  
= 29g

Cottage pie with lentils

4g protein  
¼ cup Lentils

21g protein  
Beef mince 90g

Side salad

# DINNER + SUPPER - 25g PROTEIN

Add your favourite  
cooked veges or salad

Tuna & rice

4g protein  
20g feta

6g protein  
½ cup low fat  
greek yoghurt

2g protein  
1 tbsp pumpkin  
seeds

3g protein  
½ cup rice & quinoa

10.5g protein  
85g tuna

Fruit platter and yoghurt