

Protein information for improving people's health aged over 65

How much protein do I need? Aim for 25 to 30g of protein per meal.

| | | |
|-----------------------------|--------------------------------|-------------------------------|
| Current body weight: | 1.5g protein per KG/day | Total protein per day |
|KG | x1.5g |g protein per day |

What does this amount of protein look like?

Here are some examples of what makes a 10g protein serve...choose three per meal!

- 40g cheese (2 big slices)
- 1 cup milk
- ¼ cup milk powder
- 1 tub yoghurt (170g size)
- 1.5 eggs
- 30g steak
- 40g chicken
- 50g fish
- 2/3 cup baked beans
- 50g nuts
- 2 large slices of grain bread
- 2.5 weetbix...before the milk is added!

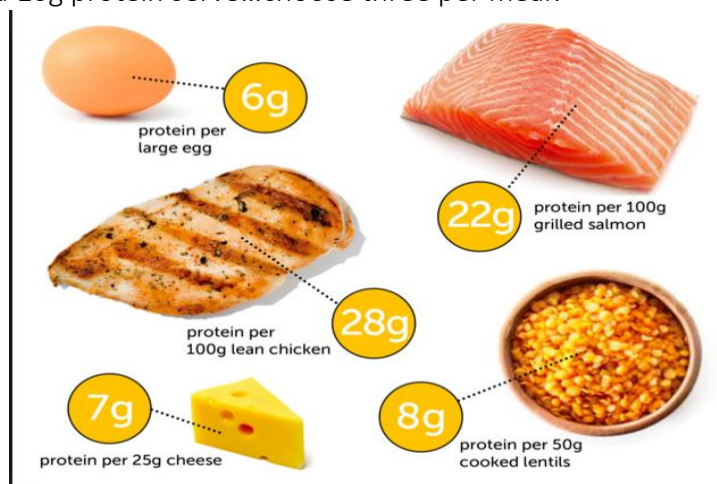


Figure 1 Amount of protein in foods

What can be added to my usual food to increase protein?

Grated cheese, milk powder and eggs are inexpensive, and easy to add to other meals. A recipe for *fortified milk* is adding 1 cup milk powder into 1 litre full fat milk. Either skim milk powder or full cream milk powder can be used. Skim milk powder is higher in protein. Use wherever you would use ordinary milk for example:

- On cereal
- In custard and mousse
- As a base for milk drinks, and in tea and coffee
- In white sauces, soups, casseroles, and mashed potato,

A very nourishing and enjoyable drink can be a real favourite that adds protein and energy...the flavoured milkshake!

This would have:

- 1 litre full cream milk,
- 1 cup milk powder
- 350 mls ice cream (5-6 scoops) and
- 40mls flavoured topping.



This gives 9.4g protein and 730kJ energy for every 150mls (just under a cup).

developed from material provided by Nutrition Professionals Australia

Figure 2 Milkshakes with extra milk powder are a great source of protein and energy.