

# Protein



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits of Protein



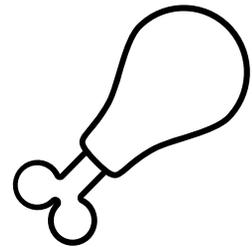
Recommended Intake



Tips to Eat Protein

## Key ideas:

- Protein is needed to maintain muscle strength.
- Eating enough protein will also help to maintain independence and mobility.



- Protein can be found in meat, poultry, fish, eggs, nuts, beans, soy, and milk/milk products.
- For older adults, a diet higher in protein, with moderate carbohydrate and lower fat helps to maintain muscle, along with strengthening exercises.
- A high-protein diet may not be recommended for those with certain health conditions, such as kidney disease. Follow these more specific recommendations from your health professional.

Eat protein-rich foods at every meal and snack.  
Aim for 20-30 grams of protein three times a day.

# Ways to add protein to your diet

- Plan to use protein foods for more than one meal (e.g., rotisserie chicken in a sandwich wrap for lunch, and leftovers for a salad in the evening).
- Cook larger portions and freeze them for future meals.
- Choose protein foods you enjoy and vary the ways you eat them.
- When introducing a new protein food, consider that you need to eat 20-30 grams at each meal.
- Incorporate easy-to-prepare protein foods in your meals and snacks (e.g., canned tuna, pre-cooked frozen shrimp, canned beans).
- Beans are an easy, cost-effective source of protein.
- Dairy and soy products are also good protein choices.

## How can I get started?

- Consider how you can eat protein foods at breakfast and lunch.
- Plan meals to increase protein intake.
- Choose high-protein snacks like cheese and nuts .

## My notes, reflections, and goals:

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