

Top tips to increase protein in your diet!



Aim to consume a minimum of 20-30 grams of protein during each meal, to preserve muscle mass and increase fullness.

Always have high protein snack available to eat in between mealtimes e.g., a Greek yogurt pot, or nuts to boost your protein intake.



Sprinkle high protein toppings onto your food e.g., feta cheese over salad, chopped almonds sprinkled over porridge and peanut butter spread on toast.

If consuming meat, select leaner cuts of meat and in larger portions to increase your protein intake.



Top 10 foods rich in protein



The protein content in 100g of these foods below are:

- 1) Chicken breast : 31g
- 2) Turkey breast: 31g
- 3) Beef: 26g
- 4) Pork: 26g
- 5) Salmon: 22g
- 6) Tofu: 10g
- 7) 1 Egg: 6g
- 8) Cottage cheese: 28g
- 9) Greek yogurt: 20g
- 10) Beans: (Kidney/ lentils): 15-20g

Resources

www.bda.uk.com/resourceDetail/printPdf/?resource=calcium

<https://www.bda.uk.com/resourceDetail/printPdf/?resource=vitamin-d>

https://www.nutrition.org.uk/media/4qwnlmhy/beans_-1.pdf

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Protein

Pals



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Nutrition Fair 2023

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What is protein?



Proteins are an integral part of your diet; it is a macronutrient meaning the body needs this nutrient daily in large amounts to function normally. Amino acids are small molecules which make up protein. In total there are 20 Amino acids that your body needs. There are 11 non-essential Amino acids that your body can make, however the other 9 essential Amino acids cannot be produced, therefore must come from your diet.

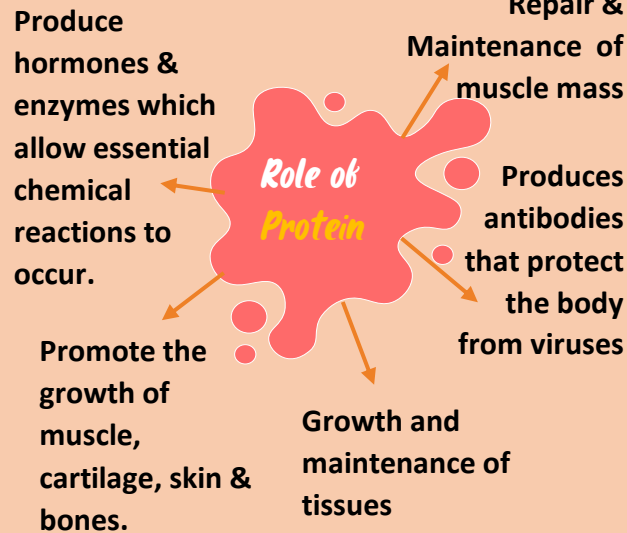
How much protein does the elderly need?

- ✓ Healthy older adults over the age of 65 require: **1-1.2 g/kg/ day.**
- ✓ Older adults with complicating medical conditions/ acute or chronic illness require: **1.2- 1.5 g/kg/day.**
- ✓ Older adults in severe illness, injury, marked malnutrition require up to **2.0 g/kcal/day.**

Example Calculation

To calculate your protein requirement, you need to multiply your weight in kilograms with the values above which apply to you. For example, if you weighed 56kg, your protein requirement would be: **56 x 1.2 = 67g of protein per day.**

Why is protein important?



What does this mean for the elderly?

Protein is a key nutrient for muscle health in older adults. As an individual ages, they are at a greater risk of losing muscle mass, function, and strength. This is known as Sarcopenia, which can lead to frailty, risk of falls, increased hospital admissions and functional decline. Therefore, ensuring that an older adult is meeting their protein requirements will help reduce their risk of developing conditions such as Sarcopenia.



Cost, culture & Religion

A significant amount of the elderly population do not meet their protein requirements. It is estimated that **1 in 10 older adults** are at risk of **malnutrition** due to: financial constraints in what they can purchase and inability to shop, prepare and cook meals due to health issues.

Due to the Cost-of-living crisis the UK is currently facing, it is more imperative now than ever to support our growing elderly population and provide education on lesser-known sources of inexpensive protein e.g., lentils, cottage cheese, canned meat & fish, and chickpeas.



One in five people within the elderly population are living in relative poverty.

Food patterns are connected to cultural and ethnic groups as a means of retaining cultural identity. It is essential to take cultural preferences into account when understanding suitable protein sources. The UK is made up of different religions: 46.2% declared **Christian**, 37.2% **No Religion**, 6.5% **Muslim**, 1.7% **Hindu**, 0.9 **Sikh**, 0.5% **Jewish** and 0.5% **Buddhist**. It is not realistic or ethical to assume all elderly people will eat the same foods containing protein, therefore it is essential to take individual preferences into consideration.