



PROTECTIVE AGING & PROTEIN

By UBC Dietetic Students: Jessica Flechner-Klein, Simran Sappal, & Kailee Wark

WHY DO YOU NEED PROTEIN?

- Builds & repairs **muscles & bones**
- **Immune system** function
- Helps you feel **satisfied**, curbs cravings, helps balance blood sugars, & provides **energy**

DAILY PROTEIN NEEDS

METHOD 1: 1 gram of protein per kg of body weight

Ex. If someone weighs 68 kg, they need to aim for around 68 g or more of protein per day.

METHOD 2: Use your **Age & Sex** to find the amount of protein-related food guide servings you need per day.

RECOMMENDED NUMBER OF FOOD GUIDE SERVINGS PER DAY						
FOOD GROUP	TEENS		ADULTS			
	14-18 YEARS		19-50 YEARS		51+ YEARS	
	(FEMALE)	(MALE)	(FEMALE)	(MALE)	(FEMALE)	(MALE)
MILK & ALTERNATIVES	3-4	3-4	2	2	3	3
MEAT & ALTERNATIVES	2	3	2	3	2	3

If you like Method 2, use this resource to find out more about food guide servings: https://bcdairy.ca/wp-content/uploads/2021/09/BCDA_CheckOnProtein_online.pdf

HOW MUCH PROTEIN IS IN MY FOOD? (METHOD)

Meat, fish, poultry	=	3 oz		~20 g
Cottage cheese	=	1/2 cup		14 g
Greek yoghurt	=	1/2 cup		12 g
Eggs	=	2 eggs		12 g
Milk	=	1 Cup		8 g
Legumes	=	1/2 cup		~8 g
Tofu	=	1/2 cup		6g
Peanut butter	=	2 Tbsp		7 g
Cheese	=	1 oz		~7 g

HEALTHFUL PROTEIN PRACTICES

- Choose **ready-made** options like canned foods
- Aim for **1 serving** of protein at **every meal**
- Eat a **variety** of protein foods: Try plant-based options (e.g. beans, tofu, soy milk)

MY GOAL (EXAMPLE)

By the end of _____, I will incorporate _____ servings of protein at _____ meal(s) per day

Protective Aging with Protein Foods © 2024 by J F-K, SS, KW is licensed under CC BY-SA 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-sa/4.0/>

RESOURCES

- Google and Social media:
 - @abbeyskitchen, @nutritionbykylie, @chicago.dietitian
 - “[high protein snacks](#)”, “[easy protein meals](#)”, “[tofu based dinners](#)”
- Websites:
 - Canada’s Food guide, BC Dairy

DISCLAIMERS

- *Ask your Doctor or Pharmacist about nutrient-medication/supplement interactions*
- *Certain medical conditions may require more or less protein per day (Please ask your Dietitian / Doctor)*



PROTECTIVE AGING & PROTEIN

By UBC Dietetic Student: Jessica Flechner-Klein, Simran Sappal, & Kailee Wark

MICROWAVEABLE EASY EGG BITES

Ingredients:

- 2 eggs
- ¼ finely chopped bell pepper
- ¼ cup finely chopped onion
- ⅓ cup finely chopped spinach
- 1 tablespoon water (*fluffiness*) OR milk (*creaminess + extra energy*)
- Salt and pepper to taste

Microwave:

1. **Whisk eggs** in a bowl of choice. **Add water/milk** and whisk until smooth
2. **Mix in** chopped vegetables, spices, and other ingredients of choice
 - *FYI: firmer vegetables not soften as much in microwave vs oven!*
3. **Heat in microwave** covered for 2 min and 30 sec (*depending on your microwave's watts*)
4. Carefully remove and serve and store away (*up to 3 months in freezer*)

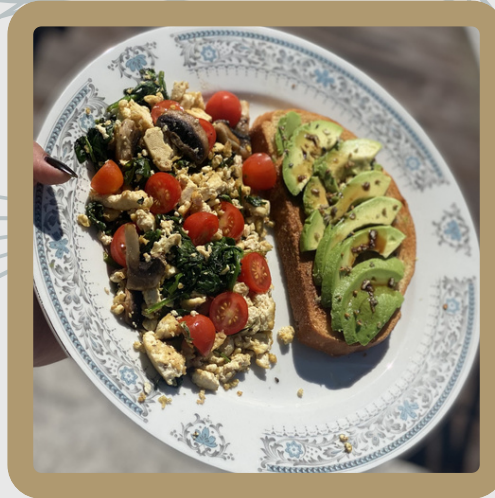
VEGAN MICROWAVEABLE SCRAMBLED "EGGSS"

Ingredients:

- 1 cup crumbled medium/firm tofu (*your preference*)
- ¼ finely chopped bell pepper
- ¼ cup finely chopped onion
- 1 tsp neutral oil (*e.g. canola, vegetable, etc.*)
- ⅓ cup finely chopped spinach
- 1 Tbsp Nutritional yeast
- ⅛ tsp turmeric (*for colour and taste*)
- ¼ tsp Black salt/Kala namak (*optional*)

Microwave:

1. **Crumble tofu** into a microwave safe bowl
 - *your hands can be the best tools!*
2. **Add in** oil, salt, nutritional yeast, turmeric, and chopped vegetables of choice
 - *FYI: firmer vegetables don't cook down too much in microwave vs oven! So they may still be firm.*
3. **Heat in microwave** for 3 minutes covered
4. Carefully remove and serve!



BATCH COOKING/MEAL PREP RECIPES WITH AN OVEN

BATCH COOKED EGG BITES IN MUFFIN TIN

(OVEN- MAKES 12 BITES:

<https://tipbuzz.com/freezer-friendly-egg-muffins/>

BATCH COOKED TOFU IN A SHEET PAN-

OVEN ~7-10 SERVINGS

<https://nutmegnotebook.com/posts/sheet-pan-tofu-scramble/>