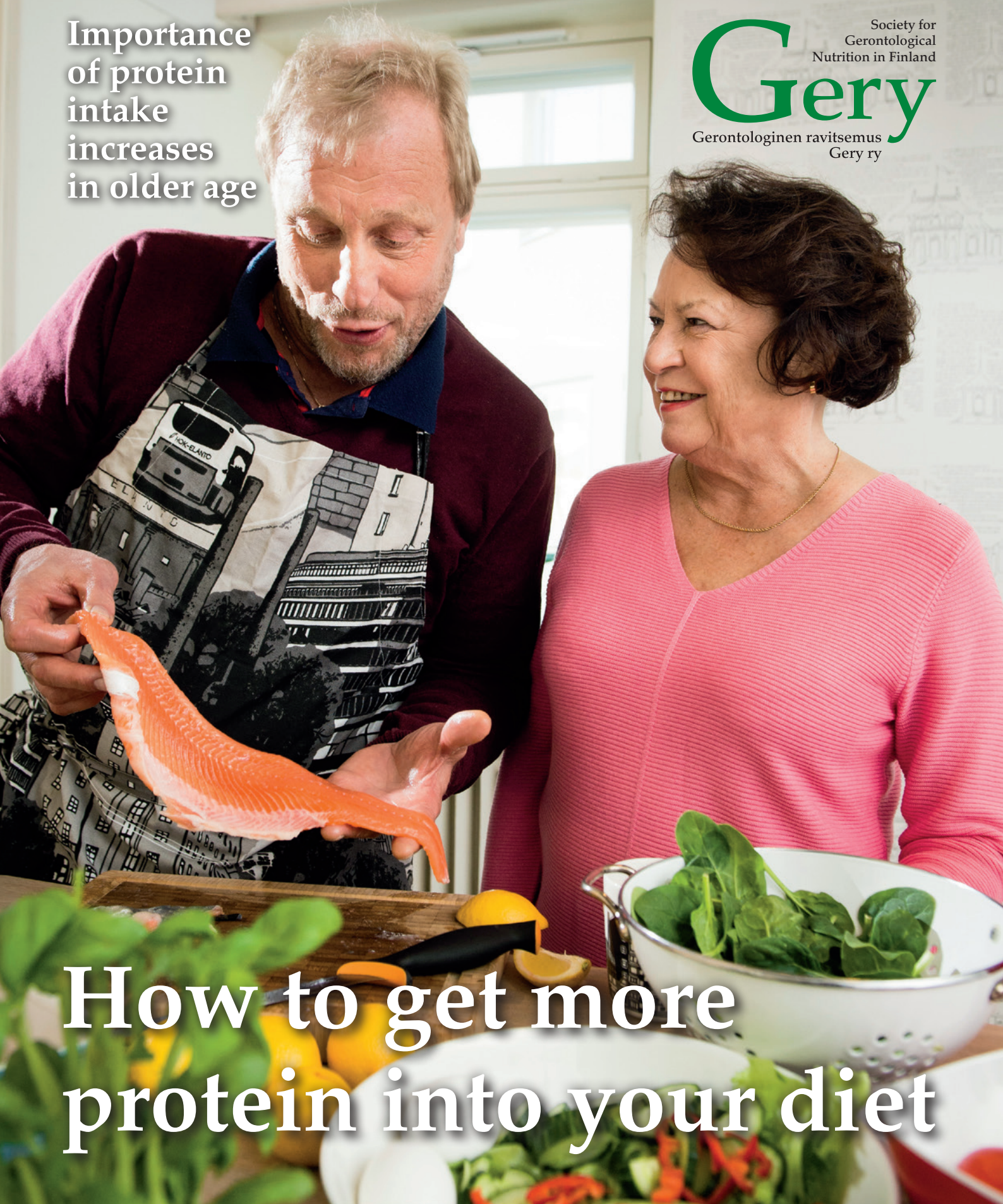


Protein

Importance
of protein
intake
increases
in older age

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How to get more
protein into your diet



Recommendation

Experts recommend that people increase their protein intake as they get older. Ensuring a sufficient dietary protein intake alongside regular strength training means that your muscles will be stronger and more resilient. Protein is also vital to maintaining your immune system and keeping healthy.

To stop your body from consuming the protein stored in your muscles to generate energy, you will need to make sure that you eat a healthy diet that contains enough energy to keep you on the go. People who take plenty of regular exercise need more energy and protein than people with less active lifestyles.

Ideally, you should consume protein at every meal and snack time to make sure your body can make use of it effectively. Fish, chicken, meat, eggs, peas, lentils, beans and dairy products such as cheese are all excellent sources of protein.

Current guidelines recommend a daily protein intake of 1.2–1.4g per kilo of body weight.

Weight	Recommended daily protein intake
60kg	72g–84g
70kg	84g–98g
80kg	96g–112g
90kg	108g–126g

Total amount of protein is marked with a green bullet.



Fish meal e.g.
pan-fried pikeperch



Vegetable soup with cottage
cheese and wholemeal bread



Cabbage bake
with beef mince

Product	Protein/ 100 g
Salmon fillet	20g
Chicken breast	27g
Egg	13g
Pork and beef mince (mixed)	23g
Pulled oats	31g
Härkis broad bean meat substitute	17g
Cannellini beans	8g
Cottage cheese	17g

Make sure your meals contain enough protein by including fish, chicken, meat, eggs, peas, lentils, beans and dairy such as cheese. Choose your snacks wisely to make sure they also add to your daily protein intake.

*Importance of protein intake
increases in older age*



Chicken breast meal



Pea soup with ham

CHOOSE YOUR SNACKS WISELY

to add more to your daily protein intake



15g

Quark with berries



10g

Sandwich



5g

Nuts and apple

An easy way to increase your protein intake is to choose high-protein food at breakfast and snack times, such as quark or yogurt, protein puddings, wholegrain bread or porridge and nuts. It's also a good idea to keep an eye on how much sugar they contain and choose a low sugar alternative wherever possible.

You can cook your porridge using milk or add a generous helping to your serving when done. All dairy products are an excellent source of protein. If you do not use dairy, opt for plant-based alternatives such as soy milk and yogurt. When using alternatives to dairy, it's a good idea to refer to the product information to check protein content so you know just how much you are getting.



15g

Quark shake



12g

Soya yogurt with broad bean granola

Good nutrition

strenghtens your performance and improves your quality of life.



7g

Yogurt with fresh berries



7g

Glass of milk or sour milk



3g

Slice of wholemeal bread

There are lots of ways to put together healthy, protein-filled meals



Here are a few ideas that will make sure you get at least 100g of protein a day

Example meal		Protein	Energy
Breakfast	2 slices of wholemeal bread (6) + spread + 4 slices of turkey (7), 2 slices of cheese (6), cucumber and tomato, piece of fruit and coffee	20 grams	350 kcal
Lunch	Chicken breast fillet (23), rice (2), mixed vegetables, slice of wholemeal bread (3), glass of milk (7)	35 grams	500 kcal
Snack	Quark with fruit	15 grams	300 kcal
Dinner	Barley porridge with berry compote	10 grams	350 kcal
Evening snack	2 Karelian pastries (6), with an egg (7), glass of milk (7), lettuce and fresh red pepper	20 grams	400 kcal
Total		100 grams	1900 kcal

Protein content given in brackets, i.e. (6) = 6 grams of protein

Also, don't forget

TO EAT YOUR VEGETABLES!

You can add them to sandwiches, quickly steam or pan-fry them to serve alongside a nice piece of fish or mix them into your Bolognese sauce. You could even eat them fresh, as they are. To add flavour to salads, drizzle with an oil-based salad dressing.



Karelian pastry



Pulled oats balls with mashed potatoes

Here are a few ideas that will make sure you get at least 70g of protein a day

Example meal		Protein	Energy
Breakfast	Porridge cooked using milk (15), fresh berries	15 grams	300 kcal
Lunch	Cabbage bake with beef mince 300 g (15), crushed lingonberries, slice of wholemeal bread (3), glass of milk (7)	25 grams	450 kcal
Afternoon coffee	Coffee with a slice of quark and apple cake (5), nuts (5)	10 grams	400 kcal
Evening Snack	2 sandwiches with filling (20), vegetables, piece of fruit	20 grams	350 kcal
Total		70 grams	1500 kcal

Protein content given in brackets, i.e. (14) = 14 grams of protein