Protein information for improving health for people aged over 65
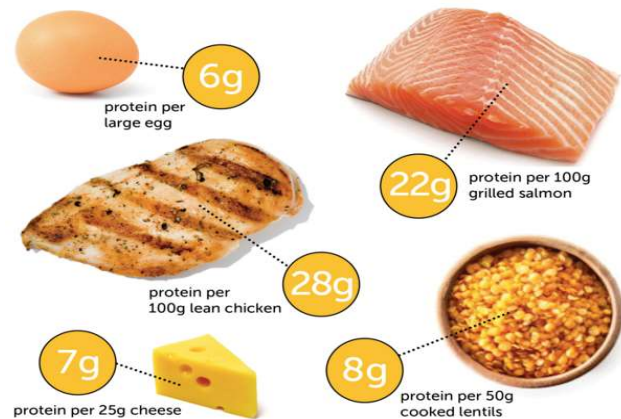
How much protein do I need? Aim for 25 to 30g of protein per meal.

Current body weight = ………… kg   x 1.5 g protein per kg/day   = ………… 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!

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

6g protein per large egg

22g protein per 100g grilled salmon

28g protein per 100g lean chicken

7g protein per 25g cheese

8g protein per 50g cooked lentils

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.

Make *fortified milk* by adding 1 cup milk powder (skim - which is higher in protein - or full cream) to 1 litre full fat milk and using it wherever you would use ordinary milk:

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

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

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

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

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

Developed from material provided by Nutrition Professionals Australia