

The Protein Needs of Mature Adults

Older adults need to consume at least five ounces or two servings, of protein a day. However, for some elderly people, protein-rich foods such as meat or poultry may be hard to chew. And for many, meat, poultry and fish can be too expensive.

Here are some ideas to help older adults meet your protein needs:

- Choose tender cuts of meat; chicken, turkey or ground meat especially if chewing is a problem, have your teeth, gums and/or dentures checked regularly.
- Visit the dairy aisle. Milk, eggs, cheese and yogurt are good sources of protein as are beans and peanut butter.
- If money is an issue, stretch meat, poultry and fish in casserole dishes or eat them in small portions.

Contact a registered dietitian near you for more information regarding the protein needs of aging adults.