



FUEL YOUR BODY WITH PROTEIN AND IMPROVE YOUR OVERALL HEALTH AND WELL-BEING

As women enter middle age, typically defined as the years between 45 and 65, their bodies undergo significant changes that make protein intake more important than ever. The recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram of body weight. However, for middle-aged women, especially those who are active or trying to lose weight, higher amounts may be beneficial.

Active Women: 1.2 to 1.5 grams of protein per kilogram = 0.54 to 0.68 grams of protein per pound of body weight.

Women Trying to Lose Weight: Up to 1.6 grams of protein per kilogram = 0.73 grams of protein per pound of body weight.

For example, if a woman weighs 150 pounds:

- Active women: $0.54\text{--}0.68 \text{ grams} \times 150 \text{ lbs} = 81\text{--}102 \text{ grams}$ of protein per day.
- Women trying to lose weight: $0.73 \text{ grams} \times 150 \text{ lbs} = \sim 110 \text{ grams}$ of protein per day.

METABOLISM SUPPORT

Protein has a higher thermic effect compared to fats and carbohydrates, helping to boost metabolism.

MUSCLE MAINTENANCE

After 40, women can lose up to 1% of muscle mass per year. Adequate protein helps preserve muscle strength and function.

WEIGHT MANAGEMENT

Protein promotes satiety, potentially aiding in weight control during a time when metabolism naturally slows.

BONE HEALTH

Protein works synergistically with calcium to maintain bone density, crucial as the risk of osteoporosis increases.

SKIN HEALTH

Collagen, a protein, is vital for maintaining skin elasticity and reducing the appearance of aging.

HORMONE BALANCE

Protein provides essential amino acids that support hormone production, helping to mitigate some effects of menopause.

RECOVERY AND REPAIR

As recovery time from physical activity increases with age, protein aids in faster muscle repair and recovery.

10 Protein-Packed Hacks to Supercharge Your Diet

TRY GREEK YOGURT

- Higher in protein than regular yogurt
- Use as a base for smoothies or as a sour cream substitute
- Pair with fruit and nuts for a protein-packed snack

INCORPORATE EGGS INTO MEALS

- Versatile and rich in high-quality protein
- Add hard-boiled eggs to salads or sandwiches
- Prepare a veggie-filled omelet for breakfast or dinner

CHOOSE LEAN MEATS

- Opt for chicken breast, turkey, or lean cuts of beef
- Include in sandwiches, salads, or as main dishes
- Prepare extra to have on hand for quick meals

EXPLORE PLANT-BASED PROTEINS

- Add beans, lentils, or chickpeas to soups and salads
- Try tofu or tempeh in stir-fries
- Snack on edamame or roasted chickpeas

USE PROTEIN POWDERS

- Add to smoothies, yogurt, oatmeal, or baked goods
- Choose from whey, pea, hemp, or other varieties
- Mix into yogurt or make protein balls for snacks

SNACK ON NUTS & SEEDS

- Keep a mix of almonds, walnuts, and pumpkin seeds handy
- Spread nut butters on whole grain toast or apple slices
- Add chia or flax seeds to yogurt or smoothies

INCLUDE FISH IN YOUR DIET

- Aim for fatty fish like salmon or tuna twice a week
- Try canned fish for quick, protein-rich meals
- Make fish tacos or add grilled fish to salads

BOOST YOUR BREAKFAST

- Eat leftover high protein dinner for breakfast
- Add protein powder and nut butter to your morning smoothie
- Try savory breakfast options like avocado toast with eggs and turkey sausage or bacon

EXPERIMENT WITH HIGH-PROTEIN GRAINS

- Substitute quinoa for rice in dishes
- Try pasta made from lentils or chickpeas
- Use barley or farro in soups and salads

MAKE SMART DAIRY CHOICES

- Opt for cottage cheese as a high-protein snack
- Choose cheese as a protein-rich addition to meals
- Try kefir as a probiotic-rich, high-protein drink