

Words on Wellness

Eat Protein for Aging Well



As we get older, research shows sarcopenia or loss of muscle mass and strength can lead to falls and weakness. Causes for muscle loss include an inactive lifestyle, disease, and low protein intake. Older adults may eat fewer protein-rich foods due to cost, chewing ability, or preparation. People who eat mostly plant foods have lower intakes of an essential amino acid that helps build muscle. Sarcopenia can be prevented by getting enough protein and physical activity.

Recent studies show current guidelines for protein intake are lower than needed to prevent muscle loss. When planning protein intake, it's important to consider the individual health conditions and dietary needs. Most people should have a goal of at least 25–30g protein per meal while eating three meals per day.

Adults should aim for at least 150 minutes of physical activity per week or 30–60 minutes of moderate activity daily. Examples of moderate activity are walking briskly or vacuuming. Spend less time sitting and take short activity breaks throughout the day. Include light weights or resistance activities at least twice each week. Check out the [Spend Smart. Eat Smart. videos](#) for ideas on how to add more activity to your daily routine.

Quick Protein Ideas:

- 3 oz. meat—21g protein
- 6 oz. Greek yogurt—14g protein
- 1 large egg—7g protein
- 8 oz. milk—8g protein

Sources: [Iowa State University](https://go.iastate.edu/KQFHYA), go.iastate.edu/KQFHYA

[NIH National Library of Medicine](https://go.iastate.edu/WDNVISPMC8746908/), go.iastate.edu/WDNVISPMC8746908/

Beef Stew

Serving Size: 1 1/2 cups | Serves: 5

Ingredients:

- 1 1/2 pounds stew meat (beef chuck)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup onion, chopped (1 medium onion)
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrots, chopped (4 large carrots)
- 1 cup celery, chopped (2 large stalks)
- 2 cups potatoes, chopped (2 medium)
- 1 teaspoon dried rosemary
- 1/4 cup water
- 2 tablespoons cornstarch

Directions:

1. Heat a large stockpot over medium high heat. Spray with nonstick cooking spray. Add stew meat. Sprinkle salt and ground black pepper over the meat. Cook and stir for 3 minutes.
2. Add onion and garlic powder. Cook and stir for 2 minutes.
3. Reduce heat to medium. Add broth, carrots, celery, potatoes, rosemary. Cover with a lid. Cook for 45–60 minutes, or until meat is cooked to at least 160°F internal temperature.
4. Stir together water and cornstarch. Add to stew. Stir until thickened (1–2 minutes).

Nutrition information per serving:

280 calories, 6g total fat, 2.5g saturated fat, 0g trans fat, 85mg cholesterol, 430mg sodium, 23g total carbohydrate, 4g fiber, 5g sugar, 33g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.

Poultry Food Safety

While some people think washing raw poultry is necessary before cooking, research indicates that doing so can spread bacteria to other surfaces, including the sink. To prevent illness, cook poultry to a minimum internal temperature of 165°F and avoid cross-contamination with ready-to-eat foods. After preparing raw poultry, wash hands for at least 20 seconds followed by cleaning and sanitizing countertops and equipment. For more questions, call the USDA Meat and Poultry Hotline at **1-888-674-6854** or email questions to MPHotline@usda.gov. Hotline services are available in both English and Spanish.

Source: [USDA Food Safety and Inspection Service](https://www.fsis.usda.gov/) , www.fsis.usda.gov/



Motivation to Move

The weather is getting colder, but we can still find ways to stay active. Being active through the winter can improve our mood, lower stress, and promote better sleep. Think about how you can increase your physical activity through household chores and consider walking on a treadmill or using a stationary bicycle. Winter can be the perfect time to join a local fitness class and benefit from meeting new people. To create a personalized weekly plan, choose activities from [Move Your Way](https://www.health.gov/moveyourway)®, [health.gov/moveyourway](https://www.health.gov/moveyourway). Explore information and videos to stay motivated and fit activity into a busy schedule.

Source: [U.S. Department of Health and Human Services](https://www.health.gov/moveyourway) , [health.gov/moveyourway](https://www.health.gov/moveyourway)

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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



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