Nutrition Can Help Prevent Falls

Maintain Muscles with Protein and Physical Activity

It is important to consume an adequate amount of protein evenly throughout the day. Unfortunately, many older adults don't eat all of the protein they need. When not enough is eaten, there is muscle breakdown and muscle loss. Muscle growth requires adequate protein intake and exercise.

Muscle Loss

As people age, they tend to lose muscle unless they eat enough protein and get physical activity (use the muscles) every day. Unfortunately, many seniors do not eat an adequate amount of protein nor get physical activity. The consequence of muscle loss is diminished strength that can contribute to mobility issues, increased risk for falling and loss of independence.

Inactivity contributes to muscle loss. It is possible to lose 10 percent of leg muscle in 10 days of inactivity, such as being on bedrest, even while eating an adequate amount of protein.

The good news is that muscle can be maintained and even increased at any age by paying attention to both nutrition and physical activity. It is important to consume protein at each meal or approximately 3-4 times a day and be active every day to maintain your independence, mobility and normal walking speed.

Falls Free®

Iowa Falls Prevention Coalition

www.idph.iowa.gov/falls-prevention

Summer Word Search

E	H	T	P	C	O	O	K	O	U	T	S	D	F	I
C	Y	A	D	L	A	I	R	O	M	E	M	P	K	J
N	P	E	F	R	E	S	H	F	R	U	I	T	S	E
E	N	O	L	E	M	R	E	T	A	W	E	B	C	C
D	E	X	E	R	C	I	S	E	S	I	N	N	O	U
N	S	G	O	D	T	O	H	R	S	H	I	I	R	D
E	Z	N	S	U	M	M	E	R	O	A	H	E	N	O
P	D	S	L	Z	T	G	Y	T	L	U	S	T	O	R
E	I	N	A	A	R	M	W	P	G	F	N	O	N	P
D	Q	G	I	U	B	E	U	N	W	I	U	R	T	N
N	S	A	B	M	A	O	I	S	R	K	S	P	H	E
I	A	M	Y	T	A	K	R	G	C	K	C	T	E	D
C	A	G	H	V	L	T	Z	D	J	L	S	T	C	R
H	V	E	Q	A	Q	A	I	F	A	N	E	P	O	A
I	R	T	W	A	G	Y	T	V	F	Y	D	S	B	G

Cookouts
Corn on the Cob
Exercise
Fresh Fruits
Garden Produce
Hamburgers
Hot Weather
Hot dogs
Independence
Labor Day
Memorial Day
Muscle
Protein
Summer
Sunshine
Vitamin D
Walking
Watermelon

Did You Know?

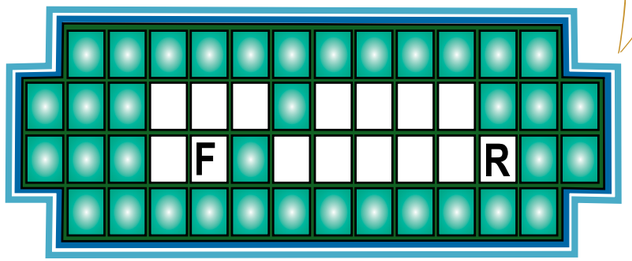
A national study of what individuals over 70 years of age ate unfortunately showed that the majority of calories came from white bread, cake, rolls, cookies, cereal, ice cream, pie and whole milk. Only 3 to 4 percent of individuals 55 years and older participated in active leisure time and spent on average 6.5 hours daily watching television.

Eat Protein Three Times a Day

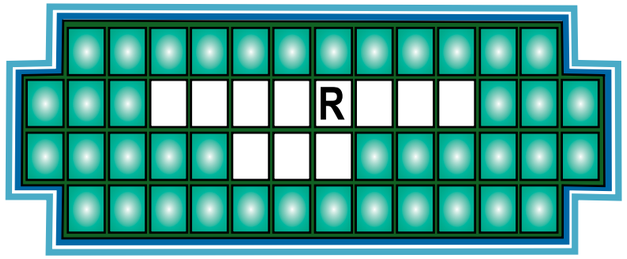
Maintain your muscles as you age by eating 20-30 grams (about the size of a deck of cards) of meat or high protein food three times a day. The actual amount of protein needed varies by your body size. Adding exercise, especially weight bearing exercises, along with eating protein will help keep you strong.

Having adequate muscle to let you do the things you want to do is a predictor of overall health. Muscle loss often leads to diminished strength, decreased activity levels and loss of independence.

Summer Phrases



SUMMER SAYING



SUMMER HOLIDAY

Dietary Recommendations

Consume 30 grams of protein three times a day (breakfast, lunch, supper) to help maintain muscle mass.

Good sources of protein include:

- Cheese
- Cottage cheese
- Milk
- Meat, chicken, fish
- Eggs
- Beans
- Yogurt

Take a Vitamin D Supplement

Did you know that low blood levels of vitamin D can increase your risk for falling? It is true. To keep your blood level in normal range, the general recommendation is that you get 800 mg vitamin D daily.

Vitamin D is known as the sunshine vitamin. Unfortunately, here in the Midwest most seniors do not get enough vitamin D from the sunshine, especially during the winter. It is also difficult to get an adequate amount from food. Ask your doctor to check your blood level and discuss taking a supplement. Supplements range from 800-2000 mg.

Your Community. Your Connection. Your Choice.
LIFELONG LINKS™
1-866-468-787 www.lifelonglinks.org

Brain Injury Alliance IOWA
www.biaia.org, 855-444-6443

Iowa Department on AGING
www.iowaaging.gov

IDPH Iowa Department of Public Health
www.idph.iowa.gov

Created 10/2017