

# BUILD STRENGTH WITH THE POWER OF PROTEIN!

Adapted by Chaya Lee Charles, RDN, from [www.eatright.org](http://www.eatright.org)

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## PROPER NUTRITION

### PHYSICAL ACTIVITY

Adults should participate in muscle strengthening activities at least twice each week.

Strengthening activities include lifting weights, using resistance bands, doing push-ups, pull-ups, sit-ups or yoga.

Even everyday activities such as carrying groceries, playing with your grandkids and gardening can strengthen muscles!



Your diet should consist of a wide variety of foods, nutrients and colors each day for overall health. Some specific things to focus on for muscle building include:

- Protein should make up 10 to 35% of the total calories you eat in a day. More protein is needed when trying to build new muscle, versus just maintaining your current muscle mass.
- Aim for 3 servings of low-fat or fat-free dairy PLUS at least 3 ounces of protein foods (such as fish, beans, poultry or lean meat) each day. Grains, especially whole grains, also provide some protein but are not enough to meet protein needs on their own.
- Carbohydrates are also important in your diet, and half of your daily calories should come from carbs in order to give you the energy for physical activity. Try focusing on quality carbs that are high in dietary fiber, such as whole-grain breads and cereals.
- For overall health and muscle strength, also focus on heart-healthy fats like olive oil, canola oil and avocados. Nuts and fatty fish such as salmon, are all good sources of protein and healthy fats!

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