



Fuel Your Independence With Protein



**Enjoy beef as
your protein?**

Get more tips
on beef on
pages 2-3.

Kaiser Health News made a case for eating more protein in a 2019 article by Judith Graham: Why Older Adults Should Eat More Protein (And Not Overdo Protein Shakes). The following is adapted from the article's summary of research.

Healthy seniors may need more protein than when they were younger to help preserve muscle mass. Yet up to one-third of older adults don't eat enough.

Why? Lots of reasons, including reduced appetite, dental problems, impaired taste, swallowing problems and limited money.

A 2018 study following over 2,900 seniors over 23 years found that those who ate the most protein were 30% less likely to lose "functioning" or the ability to dress themselves, get out of bed, walk up a flight of stairs and more. The association was particularly notable in women.

Combined with a tendency to be less active as we age, not eating enough protein only increases the risk for losing muscle mass, compromised mobility, slower recovery from bouts of illness and—the main thing we all dread—loss of independence.

**Protein is important for maintaining muscle mass.
But up to 1/3 of older adults don't eat enough protein.**

Eating enough protein is not going to prevent age-related loss of muscle altogether but not eating enough protein could make you lose muscle faster.

And protein becomes even more important when you're not able to use your muscles normally, like during an illness or when you're laid up with a hip or knee replacement.

Sources:

Graham, J. "Why Older Adults Should Eat More Protein (And Not Overdo Protein Shakes)." Kaiser Health News. Jan 17, 2019. Retrieved August 1, 2019. <https://khn.org/news/why-older-adults-should-eat-more-protein-and-not-overdo-protein-shakes/>.
Hruby, A., Shivani, S., Bolster, D., Jacques, P.F., Protein Intake and Functional Integrity in Aging: The Framingham Heart Study Offspring, *The Journals of Gerontology: Series A*, gly201, <https://doi.org/10.1093/gerona/gly201>.
Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr* 2015;101:S1339.



Which meal is typically lowest in protein? You guessed it. Breakfast.

What's in a Portion of Beef?

A three-ounce serving of cooked beef has an average of 175 calories and provides 25 grams of protein. That's the same amount of protein found in three eggs, three cups of milk or almost 7 tablespoons of peanut butter.

Essential nutrients in beef—like protein, iron, zinc, selenium and B vitamins—can help you be the strongest version of yourself.



Find a good sale on ground beef? Divide into portions that fit your menu and freeze. It's best to wrap ground beef in plastic "freezer" bags or heavy duty aluminum foil to prevent freezer burn.

How Much Protein Should You Eat Each Day?

A practical guideline is to eat 25 to 30 grams of protein per meal. Research suggests that that the total isn't as important as how much you eat in a given meal, and it's best to spread protein throughout the day to turn on the muscle building switch in your body.

Fresh Conversations invited Rochelle Gilman, a registered dietitian with the Iowa Beef Industry Council, to be a guest author. Rochelle and her husband raise cattle in Adair County.



How much is 3 ounces of beef? About the size of a deck of cards. For a beef patty, think of a hockey puck and for loose ground beef, it's about 2/3 cup.

Ground Beef Safety Tips

When is it done?

- Always use a meat thermometer as the best way to check temperature.
- For ground beef patties, meatloaf and meatballs, cook to an internal temperature of 160F. Color is not a reliable indicator of doneness.
- For ground beef crumbles—a term for cooked ground beef—cook 8 to 10 minutes for every pound of ground beef.

Keep it safe.

- Store fresh ground beef in the refrigerator for 1-2 days (3-4 days if cooked).
- Freeze fresh ground beef for 3-4 months (2-3 months for cooked ground beef).

Understanding the Grinds

Some beef recipes taste best with certain types of ground beef. Here are some tips for picking the best grind for your favorite recipe.

First, what does the percent lean mean on a beef label? It's the lean to fat ratio **by weight**—not total calories. However, a good rule of thumb is, the higher the percent lean (such as 93% lean), the lower the calories.



Good for burgers and browned crumbles for chili, tacos, spaghetti sauce and casseroles. Pour off drippings before adding ground beef.

A mid-range lean-to-fat ratio. It's good for meatloaf and meatballs, where you form a ball or loaf but cook in a pan or skillet.

This lean beef is good for recipes with crumbles, like meat sauce, stuffed peppers or casseroles where draining fat might be difficult.

Source: "All About Ground Beef," *Beef It's What's for Dinner*. Retrieved August 1, 2019. <https://www.beefitswhatsfordinner.com/cooking/ground-beef>

Word Search

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

protein
 independence
 muscle
 beef
 lean
 toothbrush
 gum disease
 thermometer
 nutrients
 safe



Testimonial

Carol attends Fresh Conversations in Salem, Iowa.

Carol Kennedy loves to be outdoors. She plants flowers around town and enjoys running. In fact, she has an impressive track record for winning the annual Salem 2.2 mile fun-run for her age group.

Fresh Conversations helped Carol drink more fluids once she realized she had symptoms of dehydration. "I've set a goal to drink two bottles of water each day."

Carol uses the "recipes for one" but enjoys being among friends at Fresh Conversations meetings. Salem's meal site manager, Teresa Huff, is happy she comes. "She just livens up the place!"

Take Action Corner

This month I will...



Recipe of the Month

Ground Beef and Pasta Primavera

INGREDIENTS

- 1 pound ground beef (96% lean)
- 1 (14-1/2 ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into 1/2-inch slices
- 1 can (14-1/2 ounces) no-salt added diced tomatoes
- 1-1/2 teaspoons Italian seasoning

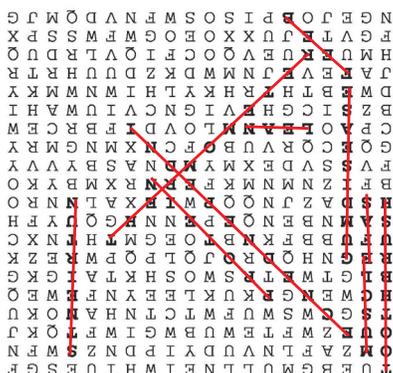


DIRECTIONS

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
3. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

Recipe and photo are courtesy of <https://www.beefitswhatsfordinner.com/recipes/recipe/6950/ground-beef-pasta-skillet-primavera>

This Italian-inspired recipe is a one-pot, easy to make dish using lean ground beef that is certified by the American Heart Association.



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Word search answers

A Toothbrush is Vital to Your Health



A toothbrush does more than clean teeth and knock out bad breath. Regular toothbrushing helps you stay healthy, strong and independent.

Really? Absolutely. Here are two important reasons to show a little more love to your toothbrush.

1. **Toothbrushing reduces your risk for some diseases.** Germs in your mouth shift from being helpful to harmful when you don't regularly brush them away.

And if you breathe harmful germs into your lungs or they enter into the blood stream, you have a higher risk of developing pneumonia, stroke and heart disease. Yikes!

2. **Regular brushing keeps gums healthy. Bleeding gums can be a sign of infection or inflammation.** Gum disease is caused by germs in plaque that accumulate over time along the gum line. This plaque is a mixture of food, saliva and **bacteria**.

Pay attention! Tell your dentist and doctor if your gums bleed or hurt when you brush. This can be a sign of infection. Would you ignore an ingrown, infected toenail?

Source: Newman, T. "The Unexpected Dangers of Gum Disease," *Medical News Today*, Feb. 22, 2019. Retrieved August 1, 2019. <https://www.medicalnewstoday.com/articles/324485.php>

Critical News for You



No one likes to be in the hospital. But if you find yourself staying overnight, be sure to keep your mouth clean. Why is that a big deal?

The 20 billion microbes in our mouths replicate every 4 to 6 hours, and if you're in a weakened state, they might land in your lungs and turn into hospital-acquired pneumonia. A short time in the hospital—becomes much longer.

Source: *American Nurse Today*, March 2015, Volume 10, Number 3, Pgs. 18-23



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