

COPING

'A newsletter from COPN'

October 2nd, 2009

Remember: You can live well with osteoporosis!

Thought for Today:

When you are getting kicked from the rear it means you are in front.

All Fall Down 'How to Cut Your Risk of Falls'

The following is the second in a three part series. The first appeared January 23/09. They are excerpts from Nutrition Action Health Letter produced by the Centre for Science in the Public Interest, July/August 2008.

Part II

Don't Skimp on Protein

Eat too little protein and your muscles will become smaller and weaker. And that increases your odds of falling.

Unfortunately, "with age, the desire to eat higher-protein foods appears to be reduced," says Timothy Doherty, an assistant professor of clinical neurological sciences and rehabilitation medicine at the University of Western Ontario in London.

What's more, some seniors get less protein because they're living alone and it's easier (and cheaper) to prepare meals with more carbohydrates – toast and jam, for example – than protein.

In one study, "about a quarter of 2,600 men and women aged 65 to 85 in the state of Maryland were consuming inadequate amounts of protein," notes protein expert Wayne Campbell, a professor of foods and nutrition at Purdue University in West Lafayette, Indiana.

How much protein should people eat?

A panel of Canadian and U.S. scientists convened by the U.S. National Academy of Sciences has set Recommended Dietary Allowances (RDAs) for healthy adults based on body weight. The RDAs work out to 45 grams of protein a day for a 125 pound person, 55 grams for a 150 pound person and 73 grams for a 200 pound person.

But that may not be enough.

"We've done a number of studies that show that the RDA is just what it's designed to be, a marginal intake that prevents overt deficiencies," says Campbell. "It is not necessarily the preferred intake for keeping your muscles as you get older."

How much should seniors shoot for? "We would like to see them get at least 25 percent more than the RDA," says Campbell.

To reach that much, your daily protein target (in grams) should be about half your weight (in pounds). That's around 60 grams of protein a day for someone who weights 135 pounds.

That doesn't mean the sky's the limit, though. "There are no data to show that eating more than 25 percent above the RDA for protein is necessarily better," says Campbell.

Here are some foods that supply a good amount of protein Or, in some cases, less than you might think.

	Grams of Protein
<u>Meat & Fish</u> (100 g cooked)	
Beef or pork (trimmed)	29
Chicken or turkey	29
Ground Beef (85 g)	26
Fish or shellfish	24
Sliced turkey or ham (55 g)	10
Hot dog (55 g)	7
<u>Beans & Tofu</u>	
Soy nuts (1/4 cup)	17
Beans, lentils, split peas (1 cup cooked)	16
Tofu (85 g)	7
Veggie Burgers (Read the labels. They vary greatly)	
<u>Dairy & Eggs</u>	
Cottage cheese (1/2 cup)	14
So Good Soy Beverage (1 cup)	9
Milk (1 cup)	8
Yogurt (175 g)	8
Cheese (30 g)	7
Egg (1 large)	6
Egg substitute (1/4 cup)	6
Ice Cream or frozen yogurt (1/2 cup)	3
Pudding (1/2 cup)	3
Cream Cheese (2 Tbsp.)	2
<u>Other Foods</u>	
Pasta, whole wheat or regular 1 1/2 c cooked	12
Bread, whole wheat, 2 slices	11
Nuts (50 g)	9
Bread, white 2, slices	7
Oatmeal (1 cup cooked)	6
Cheerios (1 cup)	4
Green Peas (1/2 cup cooked)	4
Peanut butter (1 Tbsp. - 15 g)	4
Corn flakes (1 /14 cup)	2
Hummus (2 Tbsp)	2

Sources: U.S. Department of Agriculture and company information

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Funny Bone:

Great Truths from Little Children:

- No matter how hard you try, you can't baptize a cat.
- When your Mom is mad at your Dad don't let her brush your hair.
- School lunches can stick to the wall.

Great Truths from Adults:

- Families are like fudge -- mostly sweet, with a few nuts.
- After listening to a teenager, if you can remain calm, you don't have all the facts.
- There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

Remember: It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

COPING will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to www.osteoporosis.ca for up to date information.

The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any health care related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.