



Central Coast  
Local Health District

## Healthy Bites Episode 6 – Protein

Hi, I'm Sophie, a public health nutritionist from Central Coast Health.

Did you know that nutrition requirements change as we age? People over 65 generally need to eat more protein for their size than younger adults.

As we get older our bodies start to lose muscle mass and strength. Eating enough protein and doing regular resistance exercise can help to reduce muscle wasting, so that you stay stronger for longer. Protein-rich foods include meat, chicken, fish, eggs, tofu, legumes and dairy foods such as milk, yoghurt and cheese. In your older years, it's a good idea to include a protein-rich food at every meal, and after exercise.

Some health conditions require specialist advice, so talk to your GP or dietitian for individual requirements.