



Nutrition News

Nutrition and Education Programs

AUGUST 2026

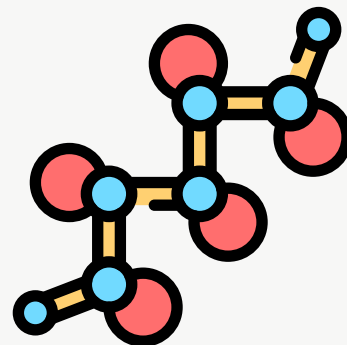
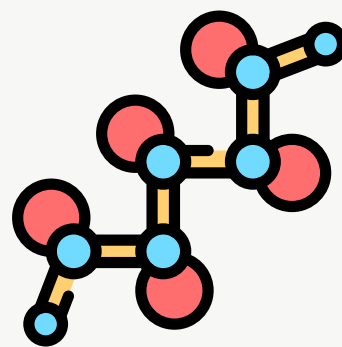
Your Muscles Called... They Want Protein Back!

After age 60, our bodies become less efficient at using protein to build and maintain muscle. That means older adults often need more protein than they did when they were younger.

So why should we eat more protein?

- Maintain muscle strength
- Improve balance and mobility
- Support healthy bones
- Promote wound healing
- Strengthen the immune system

According to the recent USDA Dietary Guidelines, healthy older adults benefit from consuming about 25-30 grams of protein at each meal, or 1.2-1.6 grams of protein per kilogram of body weight per day. Some people recovering from an illness or injury may need more.



Creamy Chicken & Veggie Pasta Salad

Meal Breakdown: What's on the Plate?

Equipment Needed: Stove top or hotplate, large pot, colander, can opener, measuring cups and spoons, cutting board, knife, large mixing bowl, mixing spoon or spatula, and serving spoon.

Serving Size: 1 ¼ cups

Total Servings per recipe: 6 servings

Ingredients:

- 8 oz elbow macaroni, cooked and cooled
- 1 (12.5 oz) canned chicken, drained
- 1 cup canned peas, drained
- ½ cup canned carrots, drained and chopped
- ½ cup canned corn, drained
- 1 can pinto beans, drained
- ½ cup plain Greek yogurt or ½ cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon vinegar or lemon juice (optional)
- Salt and pepper to taste



Directions:

1. Cook macaroni according to package directions. Drain and cool.
2. In a large bowl, combine pasta, chicken, beans, peas, carrots, and corn.
3. Mix yogurt (or mayonnaise), mustard, vinegar, salt, and pepper.
4. Stir dressing into pasta mixture until well coated.
5. Chill for at least 30 minutes before serving.

Protein Boost:

Serve with an 8-ounce glass of milk for an extra 8 grams of protein for a meal that provides about 26 grams of protein!

Nutrition Tip: This salad is delicious served cold and makes great leftovers for lunch or dinner for the next couple of days!