

COMBATING AGING AND MUSCLE LOSS

Maintaining muscle mass as you age is one of the strongest predictors of longevity. Luckily, a tailored nutrition approach can help!

WHY IS MUSCLE LOSS A CONCERN?

Losing muscle affects more than just strength—it impacts mobility, balance, metabolism, and overall health. Weak muscles can increase the risk of:

- Falls and fractures
- Slower recovery from injuries or surgeries
- Reduced metabolism and weight gain
- Decreased independence in daily activities

KEY NUTRIENTS TO PREVENT MUSCLE LOSS

Protein: The Building Block of Muscle

- Aim for 20-30 grams per meal (e.g., 3 oz chicken breast)
- Animal-Based: Chicken, turkey, fish, eggs, dairy
- Plant-Based: Beans, lentils, tofu, quinoa, nuts

Vitamin D: Supports Muscle Strength

- Sources: Salmon, tuna, fortified dairy, eggs, safe sunlight exposure
- Consider supplements if needed

Omega-3 Fatty Acids: Reduce Muscle Inflammation

- Sources: Fatty fish (salmon, sardines), flaxseeds, walnuts, chia seeds

Antioxidants: Protect Muscle Cells

- Vitamin C: Bell peppers, citrus fruits, strawberries, broccoli
- Vitamin E: Nuts, seeds, spinach

EXERCISE FOR MAINTAINING MUSCLE

Exercise, particularly resistance training, is an important part of muscle maintenance. Talk to a physical therapist or sports performance specialist about what type of exercise is right for you.

TIPS FOR PRESERVING MUSCLE AS YOU AGE

- Eat protein at every meal to fuel muscle repair.
- Stay active with resistance training and daily movement.
- Get enough vitamin D through food, sunlight, or supplements.
- Include omega-3s and antioxidants to reduce inflammation.
- Stay hydrated to support muscle function.

Want Personalized Nutrition Guidance?

Contact our dietitians to schedule a consultation!

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