



Losing some muscle with age is normal. However, too much muscle loss can have serious health consequences. With decreased muscle strength and coordination, the risk of falls increases and quality of life begins to decline.



Exercise and nutrition are important for preventing muscle loss. Strength exercises and physical activity keep muscles strong and working well. Eating enough protein-rich foods is also important. See the table below for physical activity and nutrition recommendations to help slow muscle loss.

RECOMMENDATION		EXAMPLES
Aerobic activity	150 minutes per week (30 minutes on 5 days of the week)	Walking, dancing, biking, swimming
Strength training	2 days of the week	Lifting hand-held weights, using resistance bands
Daily protein intake	5 ounce-equivalents (women) 5 ½ ounce-equivalents (men)	Canned chicken , beef, pork, eggs, nuts, dried beans

Don't Chicken Out—Eat Your Protein!

Canned chicken is fully cooked, so it is safe to eat without heating!

Selection:

- Choose cans that are free from any leaks, dents, or bulges, which could mean the product is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.



Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, keep **canned chicken** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.

Nutrition: One 3-ounce serving of **canned chicken**:

- Provides 140 calories and 23 grams of protein.
- Counts as three ounce equivalents from the MyPlate protein group.

Uses:

- Include **canned chicken** in quesadillas, pasta dishes, soups, omelets, casseroles, or salads for a quick and filling meal.
- Make a sandwich with whole grain bread, **canned chicken** and spinach or lettuce. Add a glass of milk, and a piece of fruit for a complete MyPlate meal.

4-DAY THROW AWAY

Leftovers are great for quick and nutritious meals. However, even if food still looks safe after four days, it may not be safe to eat. Bacteria grow on food as time passes, which can lead to foodborne illness. Protect yourself and your loved ones by keeping these leftover food safety tips in mind.



- **Only cook as much as you will eat.** For larger recipes, try splitting the recipe in half. This way, you can still have some leftovers, but you will make just enough to be able to finish within the next four days. If you do make a large batch, freeze the leftovers in an airtight container for up to two months.
- **Label your leftovers.** Before you put leftovers into the refrigerator, write the date on the container. After four days, throw away any food in the container that remains.
- **Make a “use-up” list.** Create different meals using foods while they are still safe to eat.

Adapted from October 2015 *Words on Wellness* newsletter, www.extension.iastate.edu. For more information, visit <http://www.extension.iastate.edu/foodsafety/content/leftovers>.

Quick Chicken Salad

Serves: 4

Serving Size: 3/4 cup

Ingredients:

- 1 10-ounce can of **canned chicken**
- 1 apple, cored and diced
- 1/3 cup chopped celery (about 1 rib)
- 1/3 cup light ranch dressing
- 1/3 teaspoon ground black pepper
- 1/4 cup pecans or walnuts (optional)



Instructions:

1. Drain liquid from **canned chicken**.
2. Combine chicken, apple, and celery in medium bowl.
3. Add dressing and pepper, stirring to coat. Stir in pecans or walnuts, if desired.
4. Serve immediately or chill in refrigerator.

Serve atop a large lettuce leaf, spread on whole grain bread or tortilla, or spoon onto a halved tomato.

Pair with a whole grain tortilla and a glass of milk for a MyPlate friendly meal.

Nutritional analysis (3/4 cup): 170 calories, 6 g fat, 1g saturated, 0g trans, 340 mg sodium, 11 g carbohydrates, 1 g fiber, 6 g sugar, 16 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/recipes/anyday-picnic-salad>.

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