

**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
May 2016



**CANCELLING MEALS**

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

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Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our costs per meal average about \$11.80. This includes food costs and administrative costs, with an average about \$6.00 of this going to food preparation costs.

Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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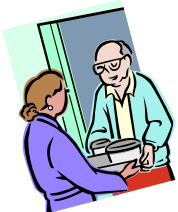
**HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:**

Memorial Day – Monday, May 30, 2016  
King Kamehameha I Day – Friday, June 10, 2016  
Independence Day – Monday July 4, 2016

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

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**MAHALO FOR ALL OF YOUR DONATIONS TO OUR**  
**ANNUAL VOLUNTEER APPRECIATION LUNCHEON!**



**MAY IS OLDER AMERICANS MONTH!** The following are organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:

**SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700**

**UHELP (University of Hawaii Elder Law Program): 956-6544**



# ARE YOU GETTING ENOUGH PROTEIN?

BY: DASH HOLLAND, RD

Research shows that a high protein diet after age 50 benefits bone health and is as important as calcium and vitamin D in keeping bones strong. We lose muscle with age and it becomes harder to build new muscle. This condition known as sarcopenia results in a 0.5% - 2% decrease in total muscle mass each year after age 50. Getting enough protein and exercise can help overcome this breakdown.

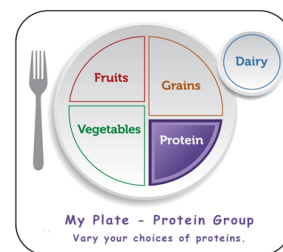


## How much do I need?

- Most adults need about 0.36g protein per pound, however after age 50 this increases to about 0.55g protein per pound (between 10-35% of total calories) for normal weight individuals.

Unsure about your goals? Ask your doctor or dietitian.

- A man 175lbs would need about 95g protein per day
- A woman 120lbs would need about 65g protein per day



## Tips for increasing protein:

- Eat about 20-30g with each meal and include protein snacks between meals



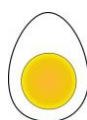
Hard Cheeses (7g protein per ounce)

Melt on meats or vegetables  
Grate into sauces or eat as a snack!



Milk or Soy Milk (8g protein in 1 cup)

Use in oatmeal or hot cocoa  
Add to soups



Eggs (6g protein each)

Add hardboiled eggs to salads  
Make egg salad sandwiches



Nut Butter (4g protein per Tbsp)

Add peanut butter to toast, waffles  
Spread on bananas or apples



Meat (7g protein per ounce)

Add tuna/salmon/ chicken to salads  
Add ground meats to omelet or soup



Beans (10g protein per 1/4 cup)

Add to pastas/ grain dishes + cheese  
Use hummus as a dip

## Sample 1 Day Meal Plan:

Breakfast: 1 scrambled eggs with 1/2 oz. cheddar; 1 slice toast with 1 tbsp peanut butter, 1 cup milk

Lunch: Sandwich with 2 oz. deli sliced meat, 1 oz. cheese, lettuce & tomato; 1 apple, 1 cup tossed salad

Dinner: 3 oz. chicken, 1/2 cup rice, sautéed vegetables, 1 cup milk

Snack: 1 cup edamame

