

The Power of Protein for Women

Why protein matters at every stage of life

1. Muscle Strength & Maintenance

- Supports lean muscle mass, especially important during aging and menopause
 - Helps prevent muscle loss (sarcopenia), improving mobility and balance
- Fuels recovery after exercise or injury

2. Bone Health & Osteoporosis Prevention

- Protein contributes to bone density
- Essential for maintaining posture, reducing fracture risk, and staying active as you age

3. Metabolism & Weight Management

- Boosts metabolism and calorie burn
 - Increases satiety, reducing cravings and overeating
- Helps regulate blood sugar and supports fat loss

4. Hormonal Balance & Reproductive Health

- Needed for hormone production and regulation
- Supports menstrual health, pregnancy, and breastfeeding

5. Skin, Hair & Nail Vitality

- Protein is a building block for collagen and keratin
- Promotes healthy skin, strong nails, and shiny hair



Quick Tips for Getting Enough Protein

- Include protein in every meal: eggs, legumes, nuts, seeds, tofu, fish, lean meats
- Try culturally relevant sources: lentils, tempeh, quinoa, chickpeas, indigenous grains
- Aim for **0.8–1.2 grams per kg of body weight** (more if active or aging)