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# 9 Healthy And Delicious Protein Drinks For Seniors



## Protein is a vital nutrient for seniors. It helps build and maintain muscle mass, promotes healthy aging and contributes to better overall health.

But, **as our bodies age**, it's natural for our metabolism to slow down. This can make it challenging for some seniors, especially those who have trouble chewing and swallowing, to get enough protein from food alone.

High protein drinks for seniors are easier to digest and offer a convenient way for older adults to meet their daily protein requirements. However, with so many options to choose from, you might be wondering, what is the best protein drink for seniors?

**Our expert guide will help you narrow down the choices and find the best protein drink for your needs.**



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# The Importance Of Protein For Seniors

It's normal for our nutritional needs to change as we age. Let's look at some key reasons why protein is especially important for seniors:

- Protein helps seniors build muscle mass and strength. This can improve overall body strength and mobility.
- Increasing your protein intake also promotes better bone health and reduces the risk of fractures and osteoporosis.
- Research suggests that protein is vital for the proper functioning of the immune system, ensuring that seniors with a sufficient intake of protein are better equipped to fight off infections and illnesses.
- Protein is involved in the healing process of wounds and injuries. For seniors, especially those recovering from surgery or illness, a high protein intake can help accelerate healing and reduce the risk of complications.



Here are a few key reasons why protein drinks for seniors are a great alternative:

- Protein drinks come in liquid form that may be more gentle on the digestive system, making it a more comfortable option for seniors with dietary sensitivities or digestive issues.
- Seniors can add supplements, vitamins or other ingredients to their protein drink to help meet their specific nutritional needs.
- They come in a wide array of flavors, catering to diverse tastes and preferences.
- Unlike most high-protein foods, some protein drinks for seniors may eliminate the need for cooking while still meeting daily nutrient requirements.

## Benefits Of Protein Drinks

Due to the natural effects of aging, some seniors may experience challenges when digesting and absorbing high-protein foods.



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# Key Ingredients To Look For

Protein drinks for seniors provide a convenient way for you to boost your protein intake. However, it's important to choose a drink that's made from fresh, whole ingredients and is free of harmful additives. Here are some key ingredients to look out for:

- **Protein Source:** Read the label to ensure the protein source aligns with your health and preference. If you're lactose-intolerant or following a vegan diet, opt for protein drinks made from plant-based proteins, such as peas, hemp and brown rice.
- **Vitamins and minerals:** Look for protein shakes that are fortified with vitamins and minerals. These can provide an extra nutritional boost.
- **Digestive enzymes:** Some protein shakes for seniors include digestive enzymes, like protease, to aid in the breakdown and absorption of protein. This can aid in reducing discomfort for seniors with digestive problems.
- **Fiber:** Protein shakes that are rich in fiber sources, like inulin or chicory root, are great for the gut. Fiber helps with digestion and can contribute to better bowel health.
- **Omega-3 fatty acids:** Certain protein shakes may contain added Omega-3 fatty acids, such as flaxseed oil or chia seeds, that offer additional health benefits.
- **Sugar content:** We recommend choosing protein shakes with minimal added sugars. This can help seniors avoid unnecessary calories and potential negative impacts on blood sugar levels.
- **Additives and fillers:** Opt for protein shakes with a straightforward ingredient list. Products that contain excessive additives, preservatives and artificial colors or flavors may be more harmful to your health



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# The Best Brands And Products

Are protein drinks good for seniors? Many health care professionals recommend incorporating them into the diet to help maintain muscle mass and support overall health. However, not all protein drinks for seniors are created equal. Here are some great options to help you choose the best protein drink for you:

## Our Overall Favorite



### Kate Farms Nutrition Shake

Our best protein drink for seniors is Kate Farms Complete. It's made from natural, plant-based ingredients, such as USDA Organic pea protein, functional fats and natural phytonutrients, making it great for seniors with varying dietary needs. This delicious shake contains 16 grams of protein per serving and comes in a variety of delicious flavors like vanilla, coffee and chocolate.



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# Budget Friendly

Some protein drinks for seniors can be costly. Luckily, there are some healthy, inexpensive options to help you remain energized without breaking the bank:



## Premier Protein

For seniors looking for an affordable way to boost their protein intake, Premier Protein offers a great option. It's loaded with 30 grams of protein per serving, and contains low amounts of sugar (1 gram per serving) and carbohydrates, making it an excellent option for seniors looking to reduce their sugar intake.

It also comes in flavorful varieties like chocolate peanut butter and cafe latte. Although it's a great option for those on a budget, Premier Protein contains artificial sweeteners.



## Boost High Protein

Boost High Protein is another budget-friendly protein shake you can enjoy. It comes in a wide variety of enjoyable flavors, including rich chocolate, very vanilla and creamy strawberry. In addition to being loaded with proteins, Boost High Protein contains 27 other key nutrients, like vitamin D, calcium, vitamin B12, vitamin K1 and potassium, to help your body stay healthy.

It also contains 15 grams of sugar per serving, which can be a good source of energy for active seniors. A bottle of Boost High Protein contains 240 calories, suggesting it may help with weight gain when taken regularly.



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# Highest Protein Content

Protein drinks with a high serving of protein can help you build muscle mass and strength. Here's a great option we found:



## Muscle Milk Pro Advanced

High-protein drinks for seniors are excellent if you're looking to build and maintain muscle mass. Muscle Milk Pro Advanced provides 32 grams of protein per serving and comes in a variety of enjoyable flavors, like chocolate, strawberry and vanilla.



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# Best Protein Drink For Memory-Impaired Individuals

When seeking nutritional guidance for seniors with dementia, a common question is, “What are the best protein drinks for seniors with dementia?” When choosing a protein drink for a loved one with a memory impairment, it’s essential to consider not only the nutritional content, but also factors that cater to their unique needs, preferences and potential challenges.



## Resource Breeze Clear Liquid Nutrition

Resource Breeze Clear Liquid Nutrition is an excellent option for people with memory impairments who may face challenges eating solid foods. In addition to being loaded with proteins and other essential nutrients, it also provides hydration, which is crucial for overall health, especially for people who might forget to drink water.



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# Non-Dairy Protein Drinks For Seniors

Here are a few great options for lactose-intolerant individuals or those following a vegan diet:



## Orgain Organic

Orgain Organic is a great option for those looking for a plant-based protein shake. It contains a healthy 21 grams of protein per serving and no artificial sweeteners or preservatives, making it a clean and healthy protein source for seniors on a vegetarian or vegan diet. Note that some seniors find the taste to be less appealing compared to other artificially flavored shakes. The gritty texture may also take a bit of adjustment.



## Aloha Chocolate Sea Salt Plant-Based Protein Drink

Aloha is another great alternative for individuals looking for non-dairy protein drinks for seniors. This shake is loaded with over 20 grams of protein from brown rice and peas. Most of Aloha's protein shakes for seniors are USDA-certified, organic and vegan. Aloha uses coconut milk as base, which may be a turnoff for some seniors.



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# Best-Tasting Protein Drinks

Tasty protein drinks can be easier to drink for seniors, especially those with eating disorders. Here are a few great options:



## Core Power High Protein Milkshake

We couldn't have a list of the best-tasting protein drinks for seniors without mentioning the Core Power High Protein Milkshake. This delicious drink delivers 26 grams of protein sourced from filtered, low-fat Grade A milk. It also comes ready to drink out of the bottle in a variety of flavors, including vanilla, chocolate, strawberry and banana, that can be enjoyed with other treats like oats and nuts. The Core Power High Protein Milkshake contains relatively high amounts of sweeteners and would not be suitable for vegan or lactose-intolerant seniors.



## Ensure Max Protein Nutrition Shake

If you're looking for good protein drinks for seniors, Ensure Max Protein Nutrition Shake is a great option. It packs 30 grams of protein per serving along with other key nutrients, like zinc, vitamin A and antioxidants that can help boost the immune system. It can be enjoyed in a variety of delicious flavors, like creamy peach and cherry cheesecake. Some seniors may find the Ensure Max Protein Nutrition Shake to be too sweet for their taste buds.



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## Homemade Options

Although protein drinks for seniors provide a convenient way to increase your protein intake, some products may contain artificial sweeteners, preservatives and other ingredients that may be potentially harmful to your health.

Here's how you can prepare a healthy and delicious protein shake at home. Feel free to get creative and experiment with your own ingredients.

We also found these [tasty and refreshing recipes](#) that you can try.

1. Pour milk or yogurt into a blender. You can use water if you prefer.
2. Add your favorite protein powder.
3. Toss in some vegetables, like spinach, beet or kale for added vitamins.
4. If you prefer a sweet flavor, add a fruit, like a banana, pineapple or strawberries.
5. Blend all of the ingredients until you achieve a smooth and creamy texture.
6. Serve and garnish with granola, chia seeds or your favorite nuts for added crunch.

## Other Considerations

When choosing a protein drink, there are several important considerations to keep in mind to help ensure that your nutritional needs are met and that it aligns with your health status. Here are some key factors to take into account:

### SODIUM CONTENT

Seniors, especially those with [heart conditions](#), should opt for protein shakes with a low sodium content.

### ALLERGEN INFORMATION

Check the packaging for allergen information, especially if you have specific dietary restrictions or allergies. Possible allergens may include dairy, soy and gluten.

### MEDICAL ADVICE

You should always consult with a health care professional or a registered dietitian before trying out a new protein drink. This is particularly crucial for individuals with underlying health conditions and those taking medication.

### AFFORDABILITY

Consider the cost of the product, especially if it will be part of your regular diet, to help ensure that it provides value and fits within your budget.



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# Healthy And Hearty Meals With StoryPoint Group

At StoryPoint Group communities, we recognize the importance of a healthy diet for seniors. Our residents enjoy a wide variety of tasty, nutritious meals made by our Executive Chefs using fresh ingredients sourced from local farmers — to help our residents get the energy they need to make the most of each day. They also prepare protein drinks for residents in-house, with real whole foods and fresh ingredients. [Contact us](#) today, or [come enjoy a meal in one of our communities](#) and find out what it's like to live with us. We can't wait to get to know you!



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