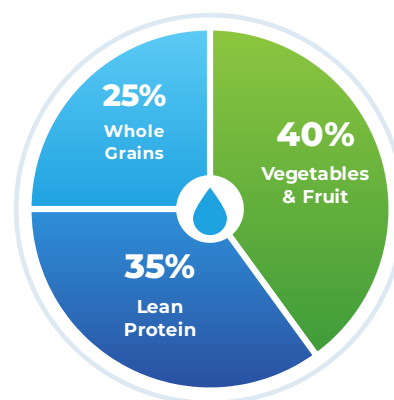


Protein & Hydration Plan

Eat for Strength, Energy & Longevity

At Provena Care, our eating plan is built around two priorities that support healthy aging: **more protein** to protect muscle, metabolism, and bone, and **more fluids**, including daily electrolytes, to keep you hydrated in the South Florida heat.

This guide gives general recommendations. Your provider may adjust these targets based on your labs, medications, activity level, and health goals.



The Provena Plate

9–10 in / 23–25 cm plate · water with every meal

Protein at every meal

100+ oz of fluids

32 oz electrolyte water daily

Colorful vegetables



Hydrate Above Average, Every Day

Goal: 100+ oz (about 3 liters)

- Most guides suggest about 64 oz a day. **Provena patients aim for at least 100 oz** (about 12 cups), and more on hot or active days.
- Start the day with **16 oz of water** before coffee or breakfast.
- Drink a glass of water **with every meal and snack**.
- Carry a marked, reusable bottle. Aim for pale-yellow urine and don't wait for thirst.
- Coffee and tea count, but choose water first. Limit sugary drinks and alcohol.

Your daily 12 cups (8 oz each)



■ Water ■ Water with electrolytes (32 oz)

⚡ Make 32 oz of it electrolyte water

Each day, drink **32 oz of water with a sugar-free or low-sugar electrolyte mix** (sodium, potassium, magnesium). Spread it through the day, especially mid-day and after exercise. Add more on heavy-sweat days.

⑥ Put Protein First

4–5 servings/day

1.2–1.6 g/kg **30–40 g**

of body weight per day* of protein at each meal

- Eat protein **first** and spread it across the day, starting at breakfast.
- Choose fish and seafood 2–3 times a week, plus poultry, eggs, and lean beef or pork.
- Plant options: lentils, beans, tofu, tempeh, edamame.
- A protein shake is a convenient way to fill the gap.

**Example: a 180 lb (82 kg) adult needs about 100–130 g per day. If you have kidney disease, ask your provider before increasing protein.*

PROTEIN FOOD	≈ PROTEIN
Chicken or turkey breast, 4 oz	35 g
Salmon, tuna, or fish, 4 oz	25–30 g
Lean beef, pork, or shrimp, 4 oz	24–30 g
Greek yogurt, plain, 1 cup	20–23 g
Cottage cheese, ½ cup	12–14 g
Eggs, 3 large	18 g
Protein powder, 1 scoop	20–25 g
Lentils/beans, 1 cup, or tofu, ½ cup	15–20 g

4 oz of meat or fish is about the size of your palm.

Protein & Hydration Plan



Vegetables & Fruit

- Fill 40% of your plate with **non-starchy vegetables**: leafy greens, broccoli, peppers, zucchini, green beans.
- Eat every color. Choose berries, citrus, and apples over juice.
- Water-rich produce like cucumber, watermelon, and celery also counts toward hydration.

Smart, Whole-Grain Carbs

- Keep carbs to about 25% of your plate, and choose **whole** options: quinoa, brown rice, oats, sweet potato, beans.
- Limit white bread, white rice, pastries, and sweets.
- Pairing carbs with protein helps keep blood sugar steady.

Fats, Sodium & Sugar: Healthy Choices

Choose healthy fats

- Cook with extra-virgin olive oil or avocado oil.
- Eat avocado, nuts, seeds, and fatty fish (salmon, sardines, trout).
- Limit fried foods, fatty processed meats, and butter. Avoid trans fats.

Be smart about sodium & sugar

- Most extra sodium comes from **processed and restaurant foods**. Choose fresh foods and go easy on the salt shaker.
- Your daily 32 oz of electrolyte water is planned sodium that replaces what you lose in sweat.
- Read labels and choose **no or low added sugar**.

✓ A Sample Provena Day

About 130 g protein · 100+ oz fluids

WHEN	WHAT TO EAT & DRINK	PROTEIN
Wake-up	16 oz water	—
Breakfast	2-egg veggie omelet + ½ cup plain Greek yogurt with berries · 8 oz water	≈ 22 g
Mid-morning	Protein shake (1 scoop) blended with water or unsweetened almond milk · 16 oz electrolyte water	≈ 25 g
Lunch	Big salad with 4–5 oz grilled chicken, ½ cup quinoa, olive oil & lemon · 16 oz water	≈ 40 g
Afternoon	16 oz electrolyte water + 8 oz water · ½ cup cottage cheese with cucumber	≈ 13 g
Dinner	5 oz baked salmon, roasted vegetables, ½ small sweet potato · 16 oz water	≈ 32 g
Evening	8–16 oz water or herbal tea (finish 1–2 hours before bed)	—
Daily total	104–112 oz fluids, including 32 oz electrolyte water	≈ 130 g

Simple Tips for Success

- **Plan your protein** for the week and batch-cook chicken, eggs, or fish.
- **Eat on a schedule.** Don't skip meals, especially breakfast.
- **Use the Provena Plate** to size portions at every meal.
- **Set hydration reminders** on your phone or watch.
- Keep protein snacks handy: jerky, string cheese, Greek yogurt, edamame.
- Bring questions to your next visit. We'll tailor the plan to you.