FOODS FOR STRONGER LEGS AFTER 60

Five foods studied for leg strength and muscle, from Episode 4.

WHAT THE STUDIES FOUND

☐ 1	**Leafy greens**	Over 12 years in 3,759 Australian adults, the third with the most nitrate, mostly from vegetables, had knee strength 11% (2.6 kg) higher than the third with the least. *(Sim et al., The Journal of Nutrition, 2021)*
☐ 2	**Beets**	In a trial of 12 adults averaging 71, a beet juice shot raised top knee extension speed by 10.9% and power by 4.4% two hours later, against the same juice with the nitrate removed. *(Coggan et al., Journals of Gerontology: Series A, 2020)*
☐ 3	**Oily fish**	In a 6-month trial of 60 adults aged 60 to 85, fish oil capsules grew thigh muscle by 3.6% and handgrip by 2.3 kg, compared with corn oil. *(Smith et al., American Journal of Clinical Nutrition, 2015)*
☐ 4	**Milk and yogurt**	In 1,871 adults 60 and older in Spain, 7 or more servings a week of low-fat milk and yogurt went with about half the odds of becoming frail, against less than 1 a week. *(Lana et al., Journal of the American Geriatrics Society, 2015)*
☐ 5	**30 grams of protein at a meal**	In 2,066 people aged 70 to 79, the fifth who ate the most protein lost about 40% less arm and leg muscle over 3 years than the fifth who ate the least (0.40 kg against 0.66 kg). *(Houston et al., American Journal of Clinical Nutrition, 2008)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ If I take warfarin, are more leafy greens safe for me?
- ☐ Is beet juice a reasonable fit with my medicines?
- ☐ If I take a blood thinner, is fish oil safe for me?
- ☐ Would daily low-fat milk or yogurt fit my health?
- ☐ With my kidneys, how much protein at a meal is safe for me?
- ☐ How could we check whether I am losing leg strength?

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