

THE PROTEIN FOR *All Seasons*

Boost the nutrients, improve well-being.

Dishes with protein-rich and nutrient-dense ingredients like turkey can support healthy aging.

Learn more, and see nutritious recipes seniors will love each season.

SPRING FOR FRESH FLAVOR

TIP

Eating more protein supports physical and cognitive function in elderly people.



With fig jam, apples, brie and spring arugula, this [Turkey & Fig Panini](#) is a refreshing, high-protein option for milder months.

SERVE SMART SUMMER DISHES

TIP

Cook high-protein meals with in-season produce to balance flavor, nutrient density and value.



Fire up delicious and summery [Grilled Sesame Turkey Kebabs](#) with zucchini, red pepper and artichoke hearts.

BOOST HEALTH IN HARVEST SEASON

TIP

Energy often decreases with age, making protein and micronutrients crucial for seniors' health.



The [White Turkey Burger With Cranberry Chili Chutney](#) offers a unique taste of autumn.

FUEL WINTER WELLNESS

TIP

High-protein diets are in the top three most prescribed at healthcare facilities.



Serve cozy comfort with [Turkey Sweet Potato & Noodle Soup](#), featuring cold-weather vegetables and herbs.

Sources

Healthcare Foodservice Multi Client Study, Technomic, 2024 | "Healthy Aging—Nutrition Matters: Start Early and Screen Often," National Library of Medicine, 2021 | "Protein Intake and Muscle Function in Older Adults," Physiopedia | Top Trends Shaping Senior Living Dining in 2025: Insights From CCL Hospitality Group, by Keeley Britt | "The Power of Protein," Today's Geriatric Medicine, September/October 2024 issue, Vol. 17, No. 5 P. 10, by Stephanie Dunne, MS, RDN, IFNCP