

BRANCATI CENTER BULLETIN



DEAR NEIGHBORS,

Happy American Heart and Black History Month! This issue covers the power of protein, rising respiratory illness rates in Maryland and Baltimore, and a spotlight on "I Am Mentality," a local youth mentorship group. Plus, check out our upcoming events, including the B'More Health Expo!

-The Brancati Center Team

HOT TOPICS

Respiratory Illness Update

Many of you may have experienced respiratory illnesses in recent months. As temperatures drop, respiratory viruses tend to spread more easily. There is a fivefold increase in COVID-19 infections in Baltimore City compared to just a few months ago. Flu cases remain widespread throughout the state. To date:

- Over 25% of flu infections have affected young children under the age of four.
- 36% of cases have been reported in children and youth ages 5-24.
- Just over 20% of cases have affected adults aged 25-49.
- Nearly 20% of infections have been reported in adults aged 50 and older.

Due to rising infection rates, healthcare facilities in Maryland have been advised to reinstate mask mandates. It is strongly recommended to wear a mask when visiting healthcare facilities or if you are experiencing respiratory symptoms to help protect yourself and others.

NUTRITION BASICS: PROTEIN

What is it and why is it important?

Protein is needed to grow, repair, and maintain cells, which are the building blocks of skin, muscle, bone, hair, and organs in our bodies. It is also important in balancing hormones.

Where is it found?

Protein is mainly found in meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

How much protein do I need?

The amount of protein a person should consume depends on a number of factors, including body weight, activity level, health status and age. Individuals who have high levels of physical activity usually require more protein. As we age our bodies also tend to require more protein from the diet in order to maintain and build lean muscle, which is essential for preventing falls and injuries. A general recommendation for adults with low to moderate activity levels is between 0.8-1.2 grams of protein per kilogram of body weight.

You can calculate your weight in kilograms by taking your weight in pounds and dividing it by 2.2. Example: 154 pounds / 2.2 = 70 kilograms. 70 kilograms x 1 gram protein/kilogram = 70 grams protein/day goal.

You should discuss your specific protein goals with your healthcare provider or a registered dietitian.



Where can I find protein on food labels?

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Which proteins should I eat?

If you eat animal protein, try to eat meat that is lower in fat, such as skinless chicken breast, lean ground beef, and pork loin. Seafood high in beneficial fats (omega-3s), such as salmon, anchovies, and trout, are also good options.

You do not need to eat animal protein, however, to get enough protein. Beans, peas, lentils, nuts, seeds, and soy products provide plenty of protein.

Animal Protein	Plant Protein
<ul style="list-style-type: none"> • Chicken • Turkey • Lean beef • Fish • Shellfish • Milk 	<ul style="list-style-type: none"> • Soy <ul style="list-style-type: none"> ◦ Tofu/tofu noodles ◦ Tempeh ◦ Edamame • Lentils • Beans • Peas • Nuts • Seeds <ul style="list-style-type: none"> ◦ *Chia seeds ◦ *Hemp seeds ◦ *Flax seeds ◦ *Pumpkin seeds • Greek yogurt (unsweetened or low sugar) • Cottage cheese • Eggs

For more information click on the links below

[MyPlate \(protein overview\)](#)

[EatingWell \(vegetarian protein sources\)](#)



Spotlight:
I am Mentality



In 2016, Baltimore native Darren Rogers, founded I Am Mentality, to provide mentorship and leadership development for male youth in Baltimore City. It is well known that youth often lack the support needed to help them grow into healthy, happy and productive adults. I Am Mentality seeks to address this resource need by serving youth between the ages of 7-18 years through a range of recreational programs year-round. They offer leadership academy courses, which support leadership skills, anger management, conflict resolution, professionalism, financial literacy and public speaking skills. In addition, mental health is a major priority for I Am Mentality. Through counseling services, male youth are encouraged to address social-emotional, behavioral challenges, and work through traumatic experiences in a structured safe space with a licensed counselor. Both individual and peer-to-peer mentoring and tutoring are also offered in various formats. I Am Mentality is truly a tremendous organization with critical impact for our male youth and their families. We encourage you all to check them out to learn more. You may consider volunteering or refer a loved one to I Am Mentality -- <https://iammentality.com/>.

Upcoming Community Events

March 8th from 10:00am-4:00pm: B'More Healthy Expo, The Baltimore Convention Center 1 W Pratt St, Baltimore, MD 21201, Booth #140