Your aging patients need more protein

Protein plays a major role in health, and is a structural component of muscles, bones, hair, nails and all cells in the body. Protein intake is essential to help support recovery from illness, surgery, falls and fractures, and to help support the body during the wound healing process. Optimal protein intake is critical for healthy aging, with higher intakes needed for older adults with severe illness, injury or malnutrition.\(^1\)^\(^4\)

Many adults 51+ years are not meeting minimum daily protein requirements\(^10\)

New research shows more than 1 in 3 adults ages 51+ years did not meet the minimum protein intake of 0.8 g protein/kg body weight/day.\(^10\)

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**Recommendations from international expert groups**

call for higher protein intake (beyond the RDA) in patients ages > 65 years\(^1\)^\(^2\)

<table>
<thead>
<tr>
<th>Protein Levels</th>
<th>Current RDA(^3)</th>
<th>Expert Recommendations &gt; 65 Years(^1)^(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.8 g/kg RDA (19–70+ yrs)</td>
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<tr>
<td>1.0–1.2 g/kg minimum protein intake for healthy people</td>
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<tr>
<td>1.2–1.5 g/kg acute or chronic disease</td>
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<tr>
<td>&gt; 1.5 g/kg severe illness or injury, or marked malnutrition</td>
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\(\uparrow 25–50\%\)\(^*\)\n\(\uparrow 50–88\%\)\(^*\)\n\(\uparrow 150\%\)\(^*\)

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**PROTEIN INTAKE AND UTILIZATION AFFECTS FUNCTIONALITY IN OLDER ADULTS\(^1\)^\(^2\)**

- **INADEQUATE INTAKE** of protein (e.g., appetite loss, anorexia of aging)
- **REDUCED ABILITY TO USE available protein** (e.g., insulin resistance, protein anabolic resistance, mobility)
- **GREATER NEED for protein** (e.g., inflammatory disease, oxidative modification of proteins)

**CONTRIBUTES TO LOSS OF FUNCTIONALITY** (impairment of muscular, skeletal and immune functions)

Adapted from Bauer J et al.\(^1\)
Help optimize protein intake to support muscle health and more with key nutritional strategies

In addition to adequate protein intake, the timing of intake can have an impact:

- Dividing the daily amount of protein across 3 balanced meals (i.e., 20–35 g protein per meal) can help maximize anabolic response specific to protein utilization.11,12
- Having protein (i.e., 20 g supplement) soon after exercise or physical therapy works in synergy to support muscles.1
- Valuing breakfast as a key meal to fuel muscle with the right level of protein is important, considering that the supply of dietary protein is discontinued overnight (between dinner and breakfast).11

Packed with high-quality protein and more

BOOST® Nutritional Drinks can help your patients get the protein they need to help maintain muscle health, vitality and an active lifestyle as they age while meeting nutritional requirements based on their unique needs.

SCAN THIS CODE to access full PROT-AGE position paper on optimal dietary intake in older people1

PROTEIN RESOURCES FOR PATIENTS

Patients can visit personalprotein.BOOST.com to learn which BOOST® Nutritional Products are right for them, and get more information, downloads and tips to help them get the protein they need.

Maximize protein synthesis with even distribution of protein throughout the day’s meals1,12

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Protein resources for patients

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