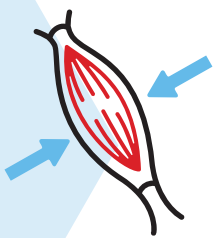


# Sarcopenia & the power of PROTEIN

## WHAT is sarcopenia?

Sarcopenia is the age-related **loss of skeletal muscle mass**, decreased function and muscle strength<sup>1</sup>



Up to **40%** of adults in the US and globally experience sarcopenia<sup>2</sup>



## HOW to promote muscle health



**EDUCATION:** Speak with your healthcare provider to learn more about **reducing your risk** of sarcopenia



**REGULAR PHYSICAL ACTIVITY:**  
• Target **6,000–10,000 steps** daily to reduce sedentary time to less than six hours a day<sup>5</sup>



• Target **3 aerobic + 2 strength training sessions** for 150 minutes weekly or 30 minutes daily<sup>5-7</sup>

**NUTRITION:** Older adults may benefit from increased protein intake to support muscle health and more

- **Oral nutritional supplements** containing protein can help support adequate protein intake
- **Space protein intake out** between 3 meals with a target of 25–30 g per meal to optimally promote muscle protein synthesis<sup>5</sup>:



**Breakfast**  
30 g



**Lunch**  
30 g



**Dinner**  
30 g

## WHO is at risk?



• **Adults with diabetes**<sup>1-2</sup>  
Studies have shown the longer a person has diabetes, the higher the prevalence of sarcopenia<sup>1</sup>



• **Adults with obesity**, particularly after diet-induced weight loss<sup>3</sup>



• **Aging adults**<sup>3</sup> over the age of 65 are at higher risk

• **Post-menopausal women**<sup>4</sup>

Approximately **25%** of weight loss with calorie restricted diets in obese, older adults is **skeletal muscle mass**<sup>3</sup>



Adults with diabetes/obesity who are exercising & undergoing weight loss<sup>3,6,8</sup>  
**1.2–1.5 g** per kg/day

Adults, including elderly & sedentary adults<sup>5,6</sup>  
**1.0–1.2 g** per kg/day

**DAILY TARGET PROTEIN INTAKE GOALS**

Adults undergoing high resistance training<sup>5,7</sup>  
**1.6–1.8 g** per kg/day

## WHAT are the benefits of protein?

✓ Helps maintain muscle mass



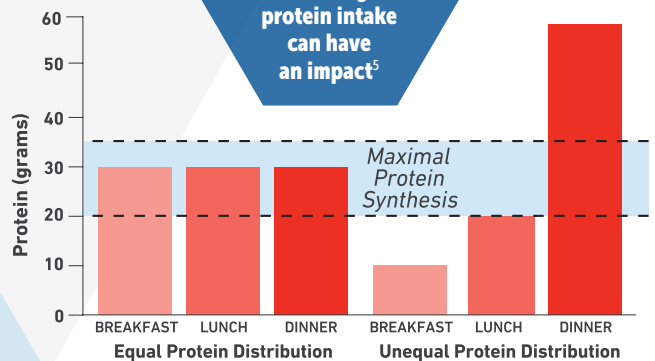
✓ Supports bone health



✓ Helps manage hunger



The timing of protein intake can have an impact<sup>5</sup>



Adapted from Paddon-Jones D and Rasmussen BB<sup>10</sup>

Ideal as a **mini-meal** or **nutrient packed snack** up to 2 times a day



**BOOST GLUCOSE CONTROL® MAX 30 g PROTEIN NUTRITIONAL DRINK CONTAINS 30 g PROTEIN PER SERVING\***

\* NOT A SUBSTITUTION FOR MEDICATION. Incorporate into a balanced diet as part of a medically supervised diabetes management plan.



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References: 1. Chen H et al. Diabetes Metab Syndr Obes. 2023 May 30;16:1541-1554. 2. Izzo A et al. 2021 Jan 9;13(1):183. 3. Trouwborst I et al. Nutrients. 2018 May 12;10(5):605. 4. Messier V et al. Maturitas. 2011 Apr;68(4):331-6. 5. Rogeri PS et al. Nutrients. 2021 Dec 23;14(1):52. 6. Wang M et al. Front Endocrinol (Lausanne). 2020 Aug 25;11:568. 7. Xu J et al. PLoS One. 2023 Aug 11;18(8). 8. Cava E et al. Adv Nutr. 2017 May 15;8(3):511-519. 9. Paddon-Jones D and Rasmussen BB. Clin Nutr Metab Car. 2009;12(1):86-90.