



# The Latest Science on Protein Intake & Healthy Aging

## 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.<sup>1-9</sup>

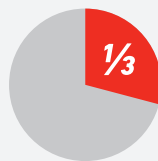
## International Expert Groups recommend higher protein intake (beyond the RDA) in adults ages > 65 years<sup>1,2</sup>



<sup>a</sup>increase above current protein RDA    kg = body weight in kilograms

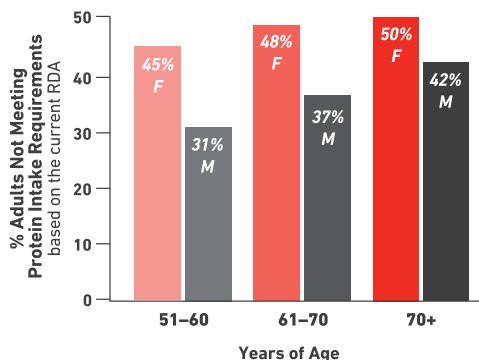
## Many adults 50+ years are not meeting minimum daily protein requirements<sup>10</sup>

New research shows more than 1 in 3 adults ages over 50 years old did not meet the minimum protein intake of 0.8 g protein/kg body weight/day.<sup>10</sup>



## INADEQUATE PROTEIN INTAKE INCREASES WITH AGE<sup>10</sup>

Females (F) are more likely to fall short of meeting protein requirements compared to males (M).



## PROTEIN INTAKE AND UTILIZATION AFFECTS FUNCTIONALITY IN OLDER ADULTS<sup>1</sup>



**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 protein)



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

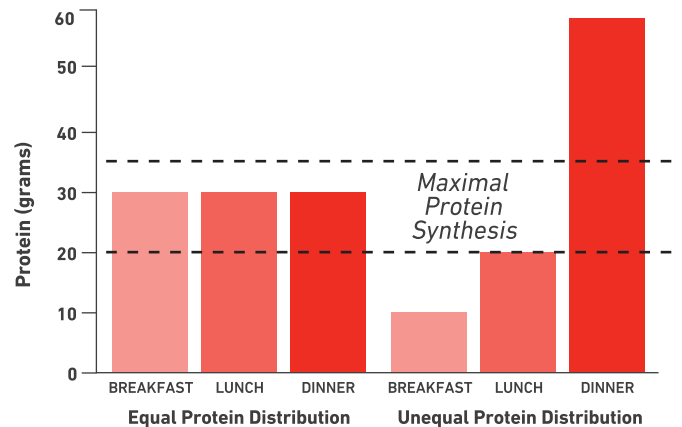
Adapted from Bauer J et al.<sup>1</sup>

## Help optimize protein intake to support muscle health and more with specific 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.<sup>11,12</sup>
- Having protein (i.e., 20 g supplement) soon after exercise or physical therapy works in synergy to support muscles.<sup>1</sup>
- 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).<sup>11</sup>

## MAXIMIZE PROTEIN SYNTHESIS WITH EVEN DISTRIBUTION OF PROTEIN THROUGHOUT THE DAY'S MEALS<sup>11,12</sup>



Adapted from Paddon-Jones D and Rasmussen BB<sup>11</sup>

## 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.

BOOST® PRODUCT	SERVING SIZE	PROTEIN (Per Serving)	CALORIES (Per Serving)	FOR PEOPLE WHO:
BOOST® Original Drink	8 fl oz	10 g	240	Want balanced nutrition with moderate protein and calories.
BOOST PLUS® Drink	8 fl oz	14 g	360	Need extra calories and protein to help gain or maintain weight.
BOOST® Women Drink	8 fl oz	15 g	180	Want tailored nutrition for women.
BOOST Glucose Control® Drink	8 fl oz	16 g	190	Prefer a diabetes-friendly nutritional drink.
BOOST® Men Drink	8 fl oz	18 g	220	Want tailored nutrition for men.
BOOST® High Protein Drink	8 fl oz	20 g	250	Want a high protein drink with moderate calories.
BOOST® Very High Calorie Drink	8 fl oz	22 g	530	Need high calorie/high protein drinks to help gain or maintain weight.
BOOST MAX™ Men Shake	11 fl oz	30 g	160	Want very high protein nutrition tailored for men.
BOOST MAX™ Women Shake	11 fl oz	30 g	160	Want very high protein nutrition tailored for women.
BOOST Glucose Control® MAX 30g Protein Drink	11 fl oz	30 g	160	Want a diabetes-friendly nutritional drink with very high protein.

For more information, visit  
[NestleMedicalHub.com](http://NestleMedicalHub.com)



BOOST® High Protein Nutritional Drink can help fill nutritional gaps

20 g

HIGH-QUALITY PROTEIN

27

VITAMINS & MINERALS

250

NUTRIENT-RICH CALORIES

Plus it provides Vitamins C & D, Zinc, Iron and Selenium, key nutrients for immune support.

REFERENCES: 1. Bauer J et al. J Am Med Dir Assoc. 2013;14(8):542-559. 2. Deutz NE et al. Clin Nutr. 2014;33(6):929-936. 3. IOM, NAS. DRI Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. 2005. 4. Hannan MT et al. J Bone Miner Res. 2000;15(12):2504-2512. 5. Bonjour JP. Horm Mol Biol Clin Invest. 2016;28(1):39-53. 6. Timmerman KL. Am J Clin Nutr. 2012;95:1403-1412. 7. Phillips, SM. Front Nutr. 2017;4(13):1-10. 8. Symons TB. J Am Diet Assoc. 2009;109(9):1582-6. 9. Hurt RT et al. NCP. 2017; 32(1):S142-151. 10. Krok-Schoen J et al. J Nutr Health Aging. 2019;23(4):338-47. 11. Paddon-Jones D and Rasmussen BB. Clin Nutr Metab Car. 2009;12(1):86-90. 12. Farsijani S et al. AJCN. 2016;104(1):694-703.

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