**Scientific Strategies**

### Nutrition for Healthy Aging

**Promiss** background

- Older people should use protein-enriched food products to increase protein intake when appetite is poor or with a vegetarian diet.
- When advising to use non-familiar protein-enriched food products, such as protein powder, professionals need to give practical tips on how to use the product in the habitual diet (preparation method, using it in e.g. dairy products, desserts).

**Physical activity**

- Older adults should be physically active for at least 30 minutes per day.
- Older adults should engage in physically active, the more their health will benefit.
- The more intense the exercise, the more frequent and/or the longer the duration, the more health benefits will occur.
- Older adults should engage in activities that strengthen the muscles and increase endurance.
- Older adults should engage in activities that promote balance and coordination.
- Older adults should engage in activities that promote mental health.
- Older adults should engage in activities that promote social interaction.

**PROMISS** background

- The European population growing older, the challenge is to keep an increasing number of seniors active and healthy across all European countries.
- Data from over 8,000 older adults from five different Western countries show that almost 30% of older adults do not meet the current European Food Safety Authority’s protein intake recommendations of 0.8g per kg body weight per day.
- This leaflet covers several recommendations regarding protein intake and physical activity of community-dwelling older adults, largely based on PROMISS research.
- PROMISS aims to better understand and ultimately prevent protein-energy malnutrition.
- PROMISS will contribute to improve malnutrition in seniors. Therefore, PROMISS background focuses on the relationship between physical activity and ultimately prevent protein-energy malnutrition.
- PROMISS background focuses on how to use physical activity to improve health and quality of life, and helps to prevent sedentary behavior and frailty.

**Protein-enriched foods**

- Older people should use protein-enriched foods to increase protein intake when appetite is poor or with a vegetarian diet.
- When advising to use non-familiar protein-enriched food products, such as protein powder, professionals need to give practical tips on how to use the product in the habitual diet (preparation method, using it in e.g. dairy products, desserts).

**Contact us**

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All men and women aged 70 and older, irrespective of physical activity level, should:

- eat more than 1.0 g of protein per kg adjusted body weight per day as it benefits physical function.
- consume at least 30 g of protein in one meal per day and, if possible, in two meals per day.
- When protein intake is low and BMI is 22 kg/m² or higher, older adults should avoid increasing energy intake when increasing protein intake, in order to prevent weight gain.
- When protein intake is low and BMI is below 22 kg/m², older people should increase protein intake as well as energy intake in order to gain weight.
- Professionals should encourage older people to regularly monitor their protein intake, for example by using a digital diary.
- Professionals should help to increase protein intake by developing a healthy diet according to individual preferences.
- Practical tools that focus on food products (and not only on the nutrient protein) are helpful for older people. For example, a clear brochure with pictures of food products, information on protein content of these products, and examples of protein-rich meals or recipes.
- Older people should increase their protein intake gradually and use products with a high protein density, and especially high protein drinks, to avoid feelings of fullness and bloating.
- Older people should avoid eating more than two meals per day, and it is possible to consume at least 30 g of protein in one meal per day and, if possible, in two meals per day.
- Increased protein intake is associated with a better quality of life and benefits physical function.
- A dietician or nutritionist can help to increase protein intake by developing a healthy diet according to individual preferences.
- Professionals should use adjusted body weight (the body weight that would bring the person in the normal BMI range of 22-27 kg/m²) when calculating the recommended protein intake (g/d) in the normal BMI range of 22-27 kg/m² when calculating the body weight in order to bring the person's adjusted body weight to the normal range.
- Professions should encourage older people to regularly monitor their protein intake, for example by using a digital diary.
- When protein intake is low and BMI is below 22 kg/m², older people should increase protein intake as well as energy intake in order to gain weight.
- Fish should not be eaten more than once a week.
- It is not necessary to go completely vegetarian or vegan.
- Choose plant-based protein sources such as legumes, cereals, nuts and seeds, and vegetables.
- Greater variety is needed for meals.
- Avoid processed meats.