



WHEY PROTEIN

PROTEIN AND HEALTHY AGING

Using the Power of Whey to Help Stay Strong and Healthy

HEALTHY AGING

It is estimated that by 2030 one in five U.S. residents will be 65 and older.¹ With the aging population growing so rapidly, it is more important than ever for health professionals to help adults take action that can help them stay healthy and strong.

WHAT IS SARCOPENIA?

Sarcopenia is the age-related loss of muscle and function. It is characterized by approximately 3-8% reduction in lean muscle mass per decade after 30 years of age.^{2,3,4,5} Based on the current body of literature, sarcopenia may affect over 20% of people in their 60s and 70s,⁶ and nearly 50% of people over the age of 80.⁷ This reduction in muscle mass can affect a person's mobility and independence.⁸

IMPORTANCE OF MUSCLE

The Institute of Medicine's report (March 2012) summarizing a workshop on Nutrition and Healthy Aging in the Community, states: "Maintaining muscle mass and strength is important for older adults because strength is associated with mortality."⁹

The good news is that there are simple ways to help maintain muscle mass, or slow muscle loss, as people get older, but it's best to start early. Try these simple tips:

- 1. Aim for a Higher Protein Diet:** Studies show that eating a higher protein diet may help preserve muscle mass as we age.^{2,10,11} In fact, not eating enough protein may be a predictor of sarcopenia and frailty.^{9,12} Older adults can benefit from high-quality whey protein since it is convenient and easy to add to a variety of foods and beverages.

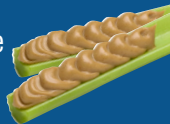
Protein Power

Use whey protein powder to help boost the protein power of everyday foods.



Breakfast: Stir into hot cereal or yogurt – or blend into smoothies

Lunch: Mix with cottage cheese, savory dips or nut butters



Dinner: Add to ground meats before cooking or stir into creamy soups

Whey protein is derived from cow's milk.

Visit www.wheyprotein.nationaldairyCouncil.org for more information about the power of whey protein.



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Aging Facts

- More than 40 million people in the U.S. were 65 and older in 2010, up from 35 million in 2000.¹⁵
- On average, community-dwelling older adults eat enough protein to maximally stimulate muscle protein synthesis only at dinner.⁹
- More than one in three older adults fall each year. Exercise is recommended to help prevent falls because it helps to improve balance and leg strength.¹⁶

IMPORTANCE OF MUSCLE, *cont'd.*

- 2. Time Protein Intake Wisely:** Some experts suggest spacing protein intake evenly throughout the day to maximize muscle protein synthesis – try eating 20-30 grams of high-quality protein, such as whey protein, at each meal.^{2,10,12,13} For older adults, consuming 40 grams of protein after resistance exercise has been shown to be effective.¹²
- 3. Incorporate Exercise:** Research shows that exercise is beneficial to help slow muscle loss associated with aging.¹² Incorporating moderate intensity aerobic exercise at least three days a week (aim for 2 1/2 hours per week), and strengthening exercise at least two days a week is recommended.¹⁴

“Our research has shown that consuming a moderate amount of high-quality protein at each meal, and in close proximity to physical exercise, can be a useful strategy to help maintain muscle mass.”

– Douglas Paddon Jones, PhD, Professor, The University of Texas Medical Branch.

(Endnotes)

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