DAIRY PRODUCTS TO INCREASE PROTEIN INTAKE IN COMMUNITY-DWELLING OLDER ADULTS

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Background:
A too low protein intake in community-dwelling older adults is a risk factor for losing muscle mass. The ConsuMEER study (RCT) ǂ examined the effects of providing high-protein products compared to lower-protein products on improving protein intake.

Aim: Secondary analyses on the ConsuMEER study were performed to study the specific contribution of dairy products on protein intake, as one of the most commonly used food products high in protein.

Methods: Both study groups (Intervention, n=47), Control, n=51) were split into two groups based on their median dairy intake (low dairy intake vs. high dairy intake) at baseline. Within group comparisons for the effects of dairy intake on protein intake at baseline and during the trial (2 & 4 weeks combined) were performed for each group using multilevel analyses.

Results: Changes in protein intake were mainly attributable to changes in intake of dairy products; protein intake from other products was stable. Significant differences between baseline and trial measurements were seen in protein intake derived from dairy in the low dairy intake groups (see table **1**).

Table 1; **Protein intake during ConsuMEER study.**

	Control		Intervention	
	Below median intake dairy, <14.9 gr protein day N=25	Above median intake dairy, >14.9 gr protein day N=26	Below median intake dairy, <17.6 gr protein day N=23	Above median intake dairy, >17.6 gr protein day N=24
Protein intake (g/kg bw/day) **Baseline** **Trial**	 0,84 (SE:0.05) 0.77 (SE:0.04)*	 1.16 (SE:0.05) 0.98 (SE:0.05)	 0,90 (SE:0.05) 1.01 (SE:0.04)*	 1.27 (SE:0.08) 1.21 (SE:0.08)
Dairy protein **Baseline** **Trial**	 9.5 (SE:1.3) 12.5 (SE:1.1)*	 22.2 (SE:1.5) 19.3 (SE:1.3)	 12.2 (SE:1.9) 22.4 (SE:1.5)*	 26.5 (SE:3.0) 30.4 (SE:2.5)

*significant ($p<0.05$) difference with baseline

Conclusion: Dairy products are effective in increasing protein intake of community dwelling older adults, especially in participants with a regular low dairy consumption.
Offering dairy to older adults with a low protein intake significantly increased their protein intake, even without further counseling or other interventions.

ǂ link to: Full-text publication ConsuMEER study