

Relationship Between Daily Protein Intake and Distribution and Sarcopenia Status

Kaitlyn M. Patterson¹, Aaron C. Tribby¹, Caitlin D. Stover¹, David G. Lajza¹,
David A.R. Geddam¹
Faculty: Kaelin C. Young¹, Takashi Abe², Vincent J. Dalbo³

¹*Department of Human Performance Studies, College of Education*

²*Indiana University*

³*Central Queensland University*

Sarcopenia, loss of skeletal muscle in older adults, can lead to serious health consequences. One suggestion to prevent sarcopenia is increased protein consumption above the RDA and/or reaching a certain threshold of quality protein at each meal. Fifty-one older adults participated in this study. Protein intake was determined from a seven-day food record. Dual Energy X-Ray Absorptiometry to determine muscle mass and the Godin Leisure-Time Exercise Questionnaire were given. Pearson Partial Correlation Coefficients controlling for body weight and physical activity level were run. Our data suggests that reaching a certain threshold of quality protein with each meal throughout a day may be important for maintaining muscle mass during ageing.