

Protein Consumption To Combat Sarcopenia

“Lean muscle mass generally contributes up to 50% of total bodyweight in young adults, but decreases with age to be about 25% of total bodyweight by age 75–80 years.”⁽¹⁾ The term used for this age-related muscle mass loss is called sarcopenia. “Declining muscle mass in the lower extremities with ageing is most significant to mobility status.”⁽¹⁾ Sarcopenia is a strong risk factor for diabetes, obesity, disability, hospitalization, and death in older adults.



Sarcopenia can be slowed and reversed by improving muscular strength and by increasing protein intake. Muscular strength can be attained by stressing all the major muscle groups 2-3 times a week with resistance training. For proper muscle recovery, wait 48 hours before repeating the resistance training routine. Increasing protein intake, especially up to 1 hour after resistance training, helps to rebuild the muscles and provides energy and satiety.

The Recommended Daily Allowance (RDA) of protein currently varies from one institution to another. Ongoing research continues to identify the RDA differences between young adults and older adults. Some sources identify the same RDAs for any age, while others have identified RDA's for age categories.

<i>Recommended Dietary Allowance (RDA) of Protein per Age⁽²⁾</i>	<i>Use This Multiplier To Determine Protein Allowance</i>	<i>Calculated Protein Allowance per Day for a 160 lb person</i>
18+ yrs: .0.8 g/kg of body weight	.36	160lbs x 0.36 = 58 grams
50+ yrs- 1.2 -1.5 g/kg	.54 - .68	160lbs x 0.54 = 87grams
Diagnosed Sarcopenia - 1.5 g/kg	.68	160lbs x 0.68 = 109 grams

The US Department of Agriculture recommends 155 grams per day.

While striving to meet the RDA, consider including a protein or amino acid called leucine. Leucine has been identified to build and preserve muscle mass.⁽³⁾ Leucine can be found in animal products such as milk, eggs, fish, beef, lamb, pork, and poultry. It can also be found in soybeans, nuts, and beans.

Before increasing protein intake, track the grams of protein currently being consumed and speak with a health care provider about what is best for you.

Top Four Sources of Protein (5.3 ounce serving)



Beans & Legumes
(3-38 g)



Wild Salmon
(30g)



3 Large Eggs
(18g)



Greek Yogurt
(15g)