

# Protein Intake Requirements for Wound Healing and the Elderly Population

Weight Lb: _____ Kg: _____	Whey Protein Powder Almond Milk 1 Serving of Frozen Fruit 1 Shake / Day	<i>Alternative Nutritional Supplements</i> <u>Force Factor Powder</u> <u>Premier Protein</u> <u>fairlife</u>
Protein Intake _____ Grams / Day	<u>Nature Made Brand</u> <u>Multi-Vitamin</u> Certified by usp.org	Boost High Protein Ensure High Protein Carnation Breakfast
Fluid Intake _____ Ounces / Day	Multi-Vitamin for Patients with Dialysis & Renal Disease Consult Doctor & Nutritional Specialist	Slim Fast High Protein ProNourish 30 gram Shakes

## Scholarly Research Articles for Protein Intake Recommendations

About half of all American adults—117 million—have one or more preventable chronic diseases related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health.<sup>1</sup> Experts in the field of protein and aging recommend a protein intake between 1.2 g and 2.0 g / kg / day or higher for elderly adults.<sup>2</sup> Protein needs are increased under metabolic stress, range from 1.0 g to 2.0 g / kg of body weight.<sup>3</sup> In the elderly, inadequate protein intake contributes to a decrease in the reserve capacity, increased skin fragility, decreased immune function, poorer healing and longer recuperation after illness. The Agency for Healthcare Research and Quality (AHRQ) recommends protein intake between 1.25 g and 1.5 g / kg of body weight, and fluid intake of 1 mL / kcal / day. Based on NPUAP/EPUAP - 2009.<sup>3</sup> Protein requirements for patients with pressure injuries may range from 0.75 – 1.30 g / kg / day.<sup>3</sup>

### References:

1. *Development of the Dietary Guidelines for Americans*. Health.gov.  
<https://health.gov/dietaryguidelines/2015/guidelines/introduction/developing-the-dietary-guidelines-for-americans/#stage-2>
2. Baum, J. (June 8, 2016). *Protein Consumption and the Elderly*. ncbi.nlm.nih.gov.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924200/>
3. Molnar, J. A. (November 1, 2014). *Nutrition and Chronic Wounds*. ncbi.nlm.nih.gov  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4217039/>