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Functional Finger Foods : a promising strategy to increase the proteins intake of older people

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Thanks a lot to 5 centers of care (79, Deux-S vres, France)

Le Sacr -C ur
 Le Logis des Francs
 Les Rives de S vres
 La M nardier 
 Notre Dame de Puyraveau

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£ co-funder of Carembouche SAS

Why ?

- 1** The population > 60 years is increasing
- 2** Risk of undernutrition with age
- 3** Undernutrition worsens the frailty⁽¹⁾
- 4** Sarcopenia is an hallmark of undernutrition⁽²⁾
- 5** Gap between theory and reality^(3,4)

Aged people	Proteins (g/kg/jour)
Recommended intake	1-1.2
Mean of real intake	~0.8

How ?

- 1** Finger Food
 - Attractive
 - Rich in protein
 - Easy to use
 - Easy to grab
- 2** Qualitative evaluation⁽⁵⁾
 - 2 animators
 - 2 flavours
 - 6 Groups of 10 seniors
 - Verbatim
- 3** Quantitative evaluation⁽⁵⁾
 - Care staff
 - 20 finger food/day
 - 2 deliveries / day
 - 2 flavours/day

Distribution in 5 centers of care

126 sheets, n=60, 15 days

Results

- 1** Liking or not?

Number of people : n=120
- 2** Consumption

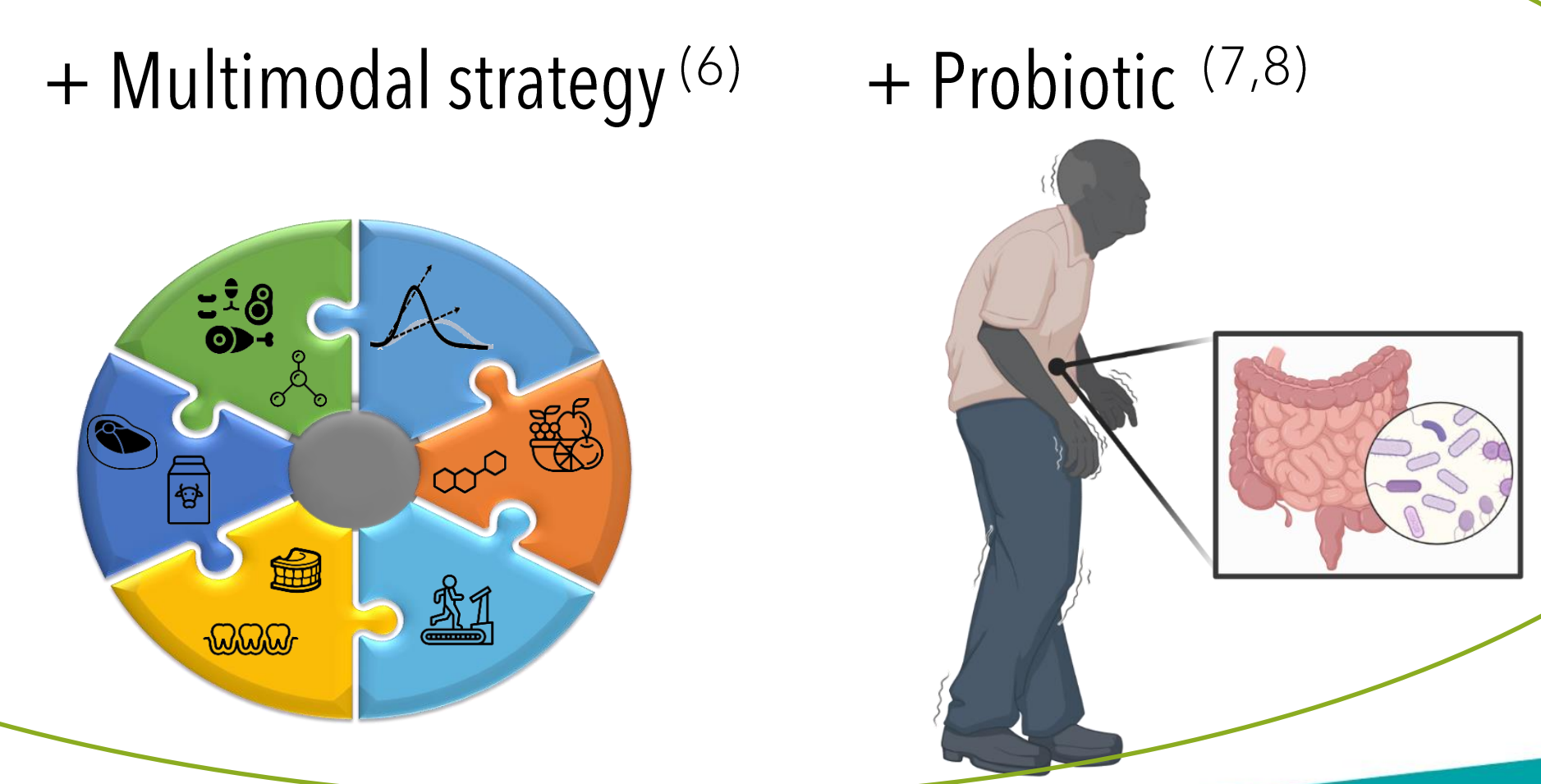
% of people (n=60)
 47%
- 3** Parameter impacting the consumption

The % of completed lines reflects the motivation of the team

Messages

- 1** Good adhesion to eat finger food
- 2** Better consumption with a motivated team of care
- 3** Consumption : 6-10 finger food/days

After ?



References

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