



HAL
open science

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

Muriel Thomas, Lucile Belkacemi, Christophe Favrelière, Odile de Christen,
Francisca Joly

► **To cite this version:**

Muriel Thomas, Lucile Belkacemi, Christophe Favrelière, Odile de Christen, Francisca Joly. Functional Finger Foods: a promising strategy to increase the proteins intake of older people. 7th international ISEKI-FODD conference, Jul 2023, Palaiseau, France. 2023. hal-04295298

HAL Id: hal-04295298

<https://hal.inrae.fr/hal-04295298v1>

Submitted on 20 Nov 2023

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

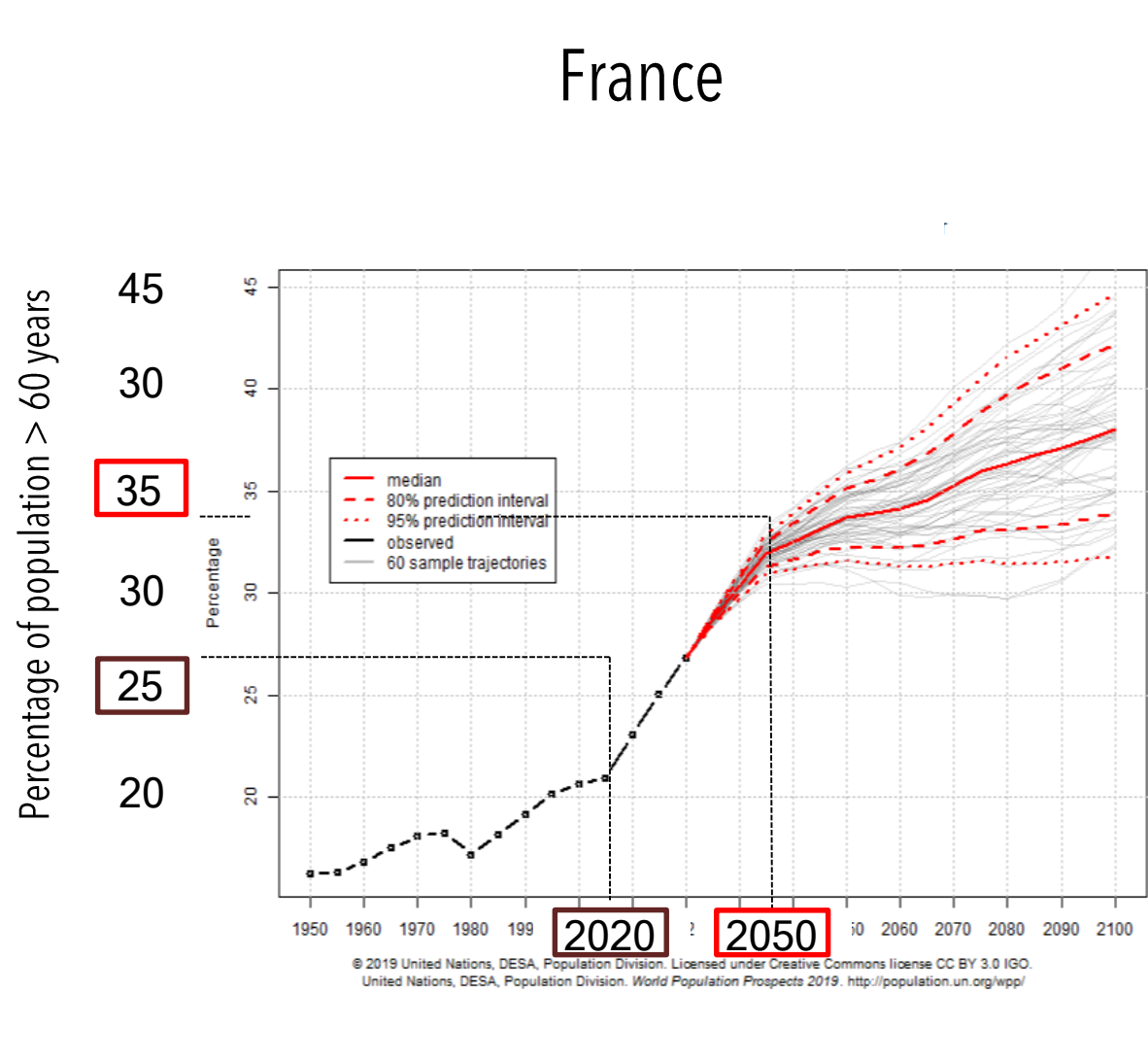
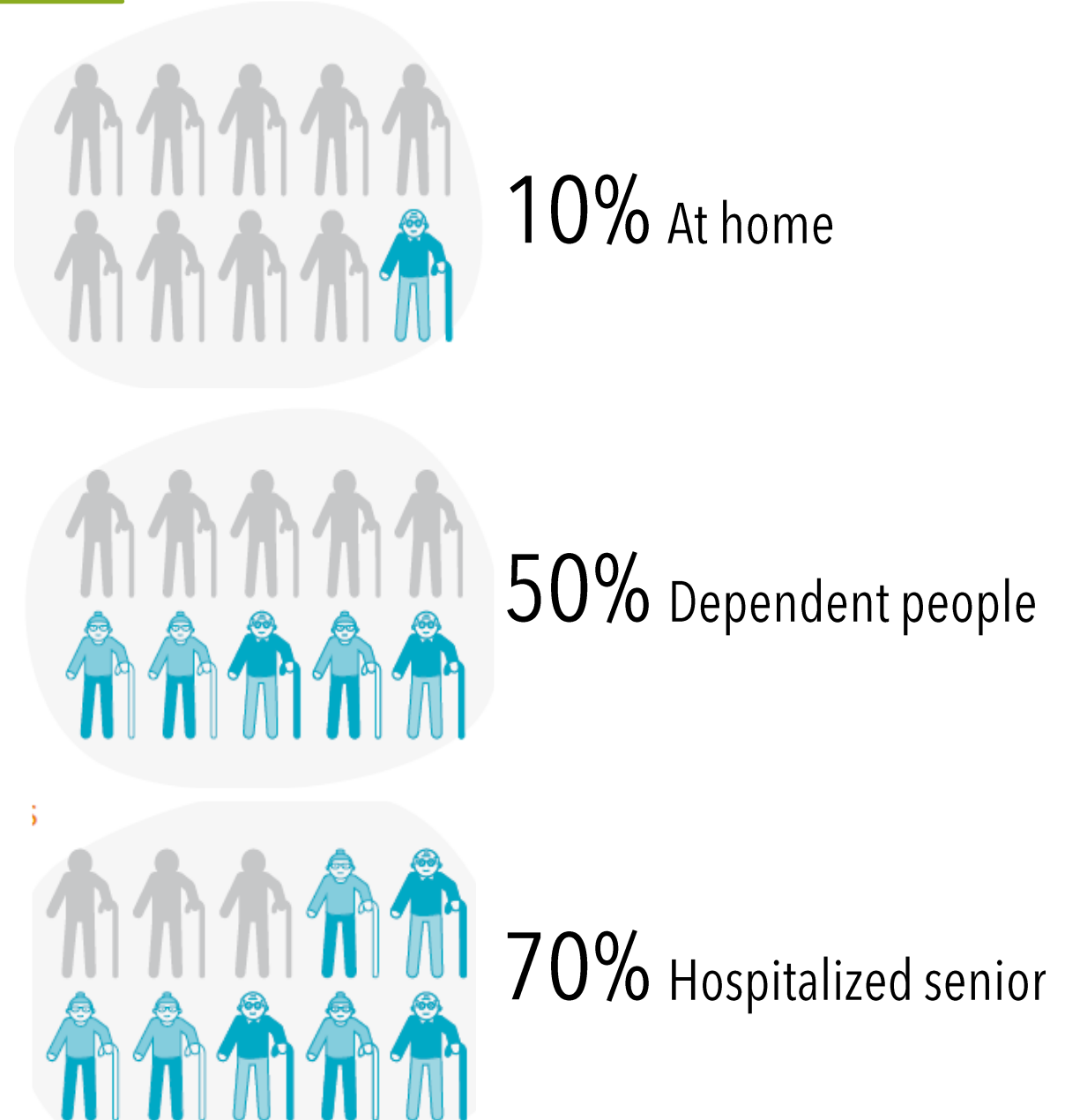
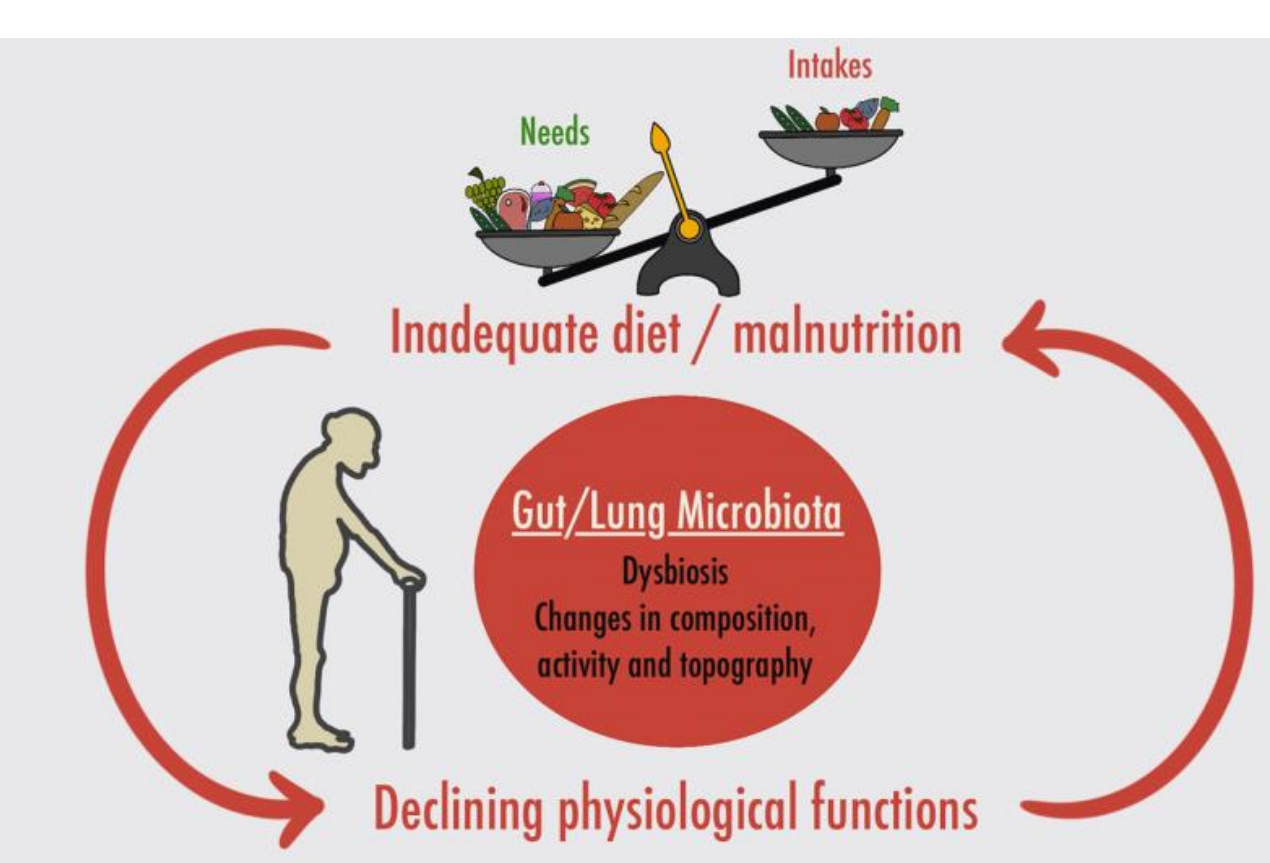
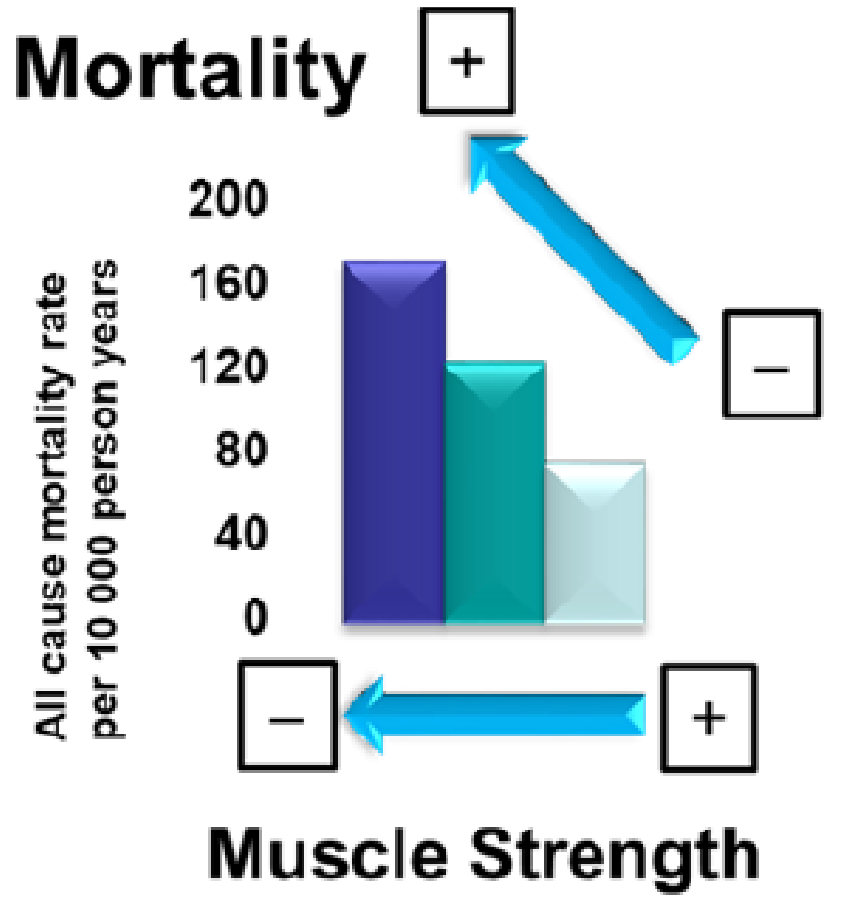
Functional Finger Foods : a promising strategy to increase the proteins intake of older people

Thomas M^{1,£}, Belkacemi L², Favreli re C², de Christen O^{3,£} and Joly F^{4,5,£}

INRAE
 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


¹INRAE UMR 1319, AgroParisTech, Institut MICALIS, Jouy-en-Josas, France
² EPHAD Foyer Notre Dame de Puyraveau, Champdenier, France
³ Carembouche SAS, Igny, France
⁴INSERM UMR-S1149, Centre de recherche sur l'inflammation, Paris, France
⁵ AP-HP H pital Beaujon, Clichy, France
 £ 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 ?

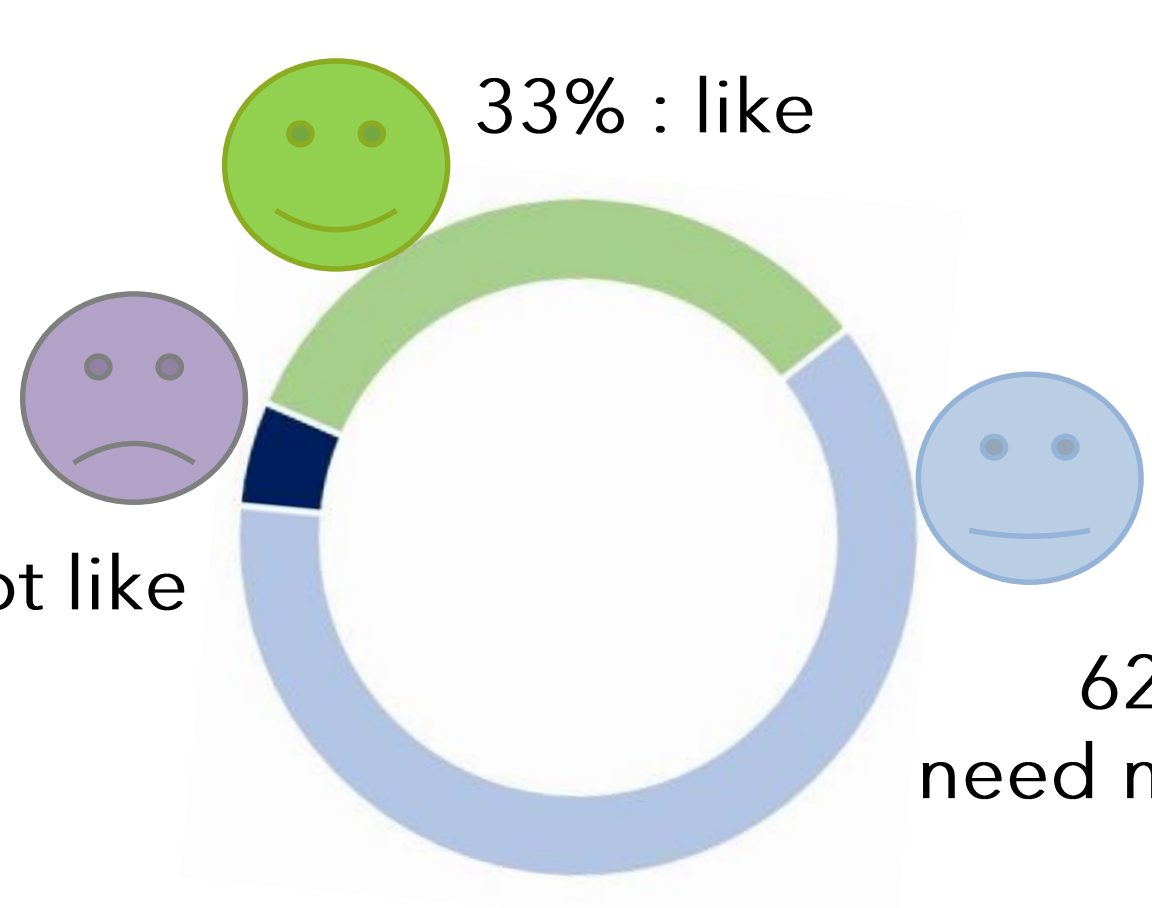
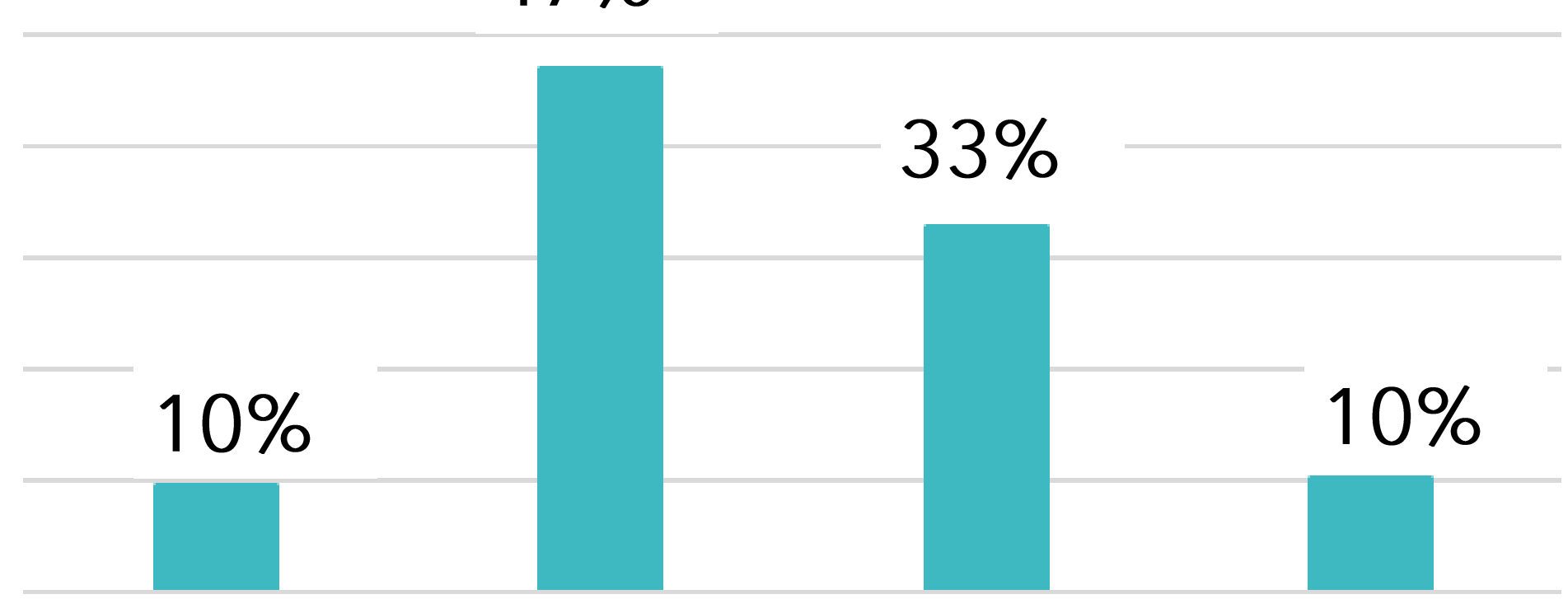
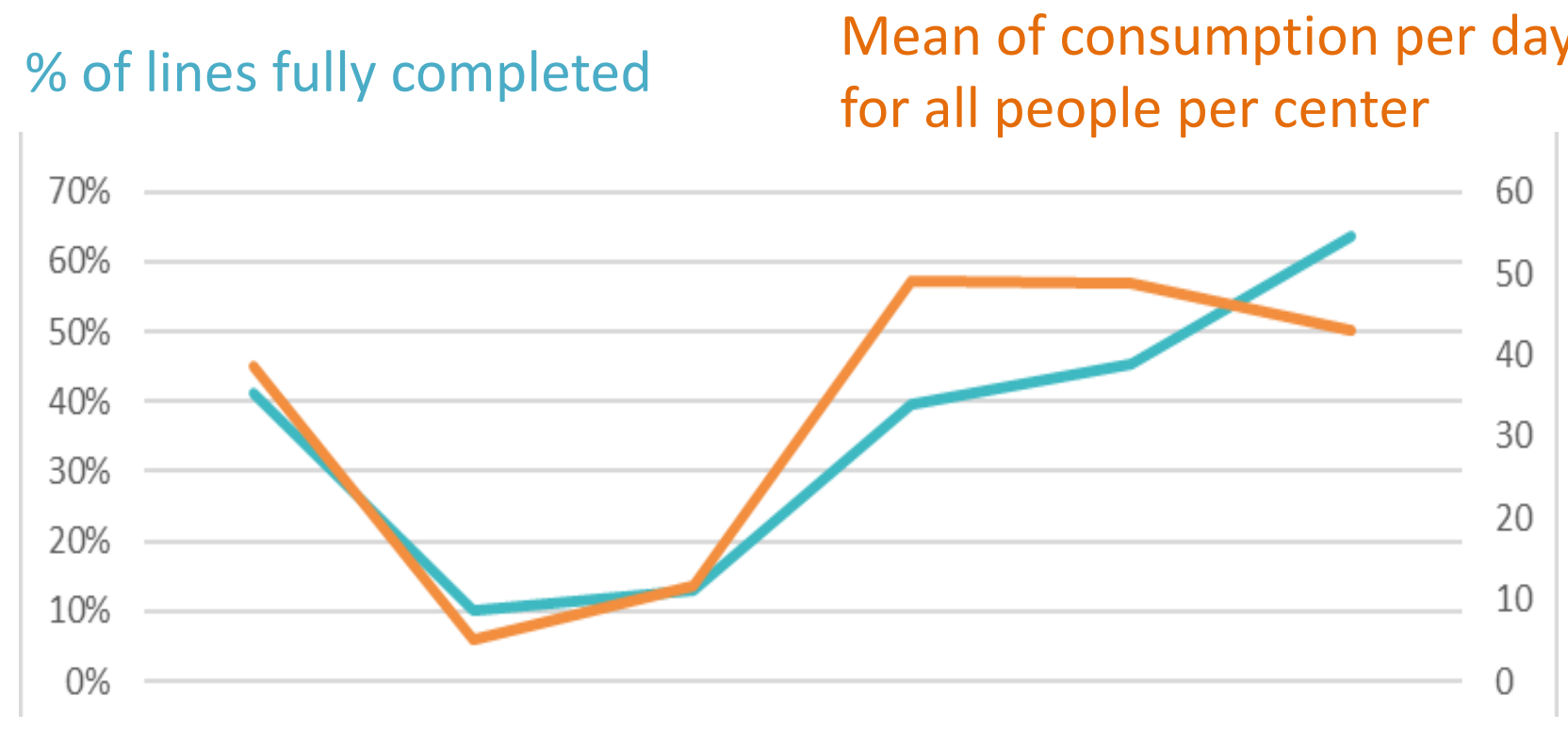
- 1** Finger Food

 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, 2 deliveries / day, 20 finger food /day, 2 flavours/day

Distribution in 5 centers of care



126 sheets, n=60, 15 days

Results

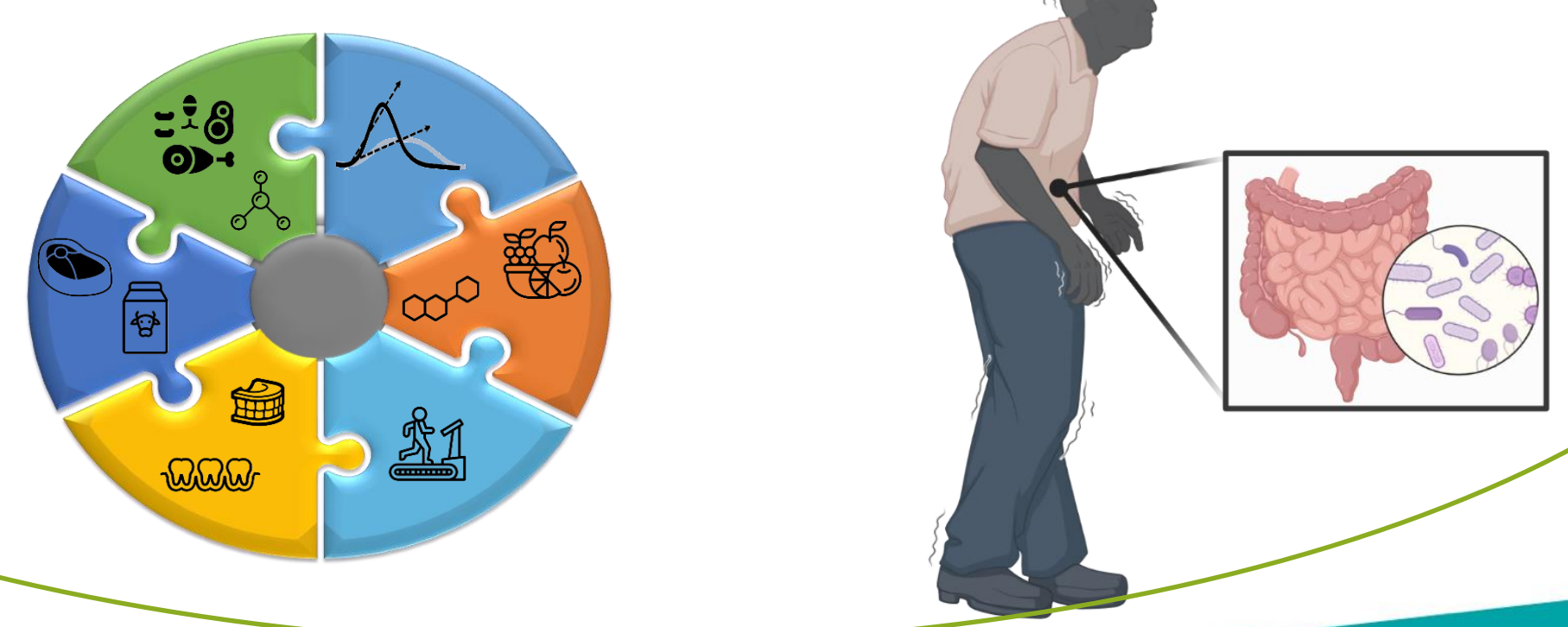
- 1** Liking or not?

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

 % of people (n=60)
 Number of finger food per days
- 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 ?

+ Multimodal strategy⁽⁶⁾ + Probiotic^(7,8)



References

¹ Saint-Criq V, Lugo-Villarino G, Thomas M. Dysbiosis, Malnutrition and enhanced gut-lung axis contribute to age-related respiratory diseases. Ageing Res Rev. 2021 Mar;66:101235.
² Ruiz JR, Sui X, Lobelo F, Morrow JR Jr, Jackson AW, Sj str m M, Blair SN. Association between muscular strength and mortality in men: prospective cohort study. BMJ. 2008 Jul 1;337(7661):a439.
³ Experts PA Protein Intake: Dietary Intake, Quality, Requirements and Recommendations. ANSES reports. https://www.anses.fr/fr/system/files/NUT-Sy-ProteinesEN.(2007)
⁴ Dardevet D, Mosoni L, Savary-Auzeloux I, Peyron MA, Polakof S, R mond D. Important determinants to take into account to optimize protein nutrition in the elderly: solutions to a complex equation. Proc Nutr Soc. 2021 May;80(2):207-220.
⁵ Sulmont-Ross  C, Symoneaux R, Feyen V, Ma tre I. Improving food sensory quality with and for elderly consumers. Methods in Consumer Research. Volume 2: Alternative Approaches and Special Applications. 1st Edition, Elsevier, 478 p., 2018. fihal-02791415
⁶ Agostini, D.; Gervasi, M.; Ferrini, F.; Bartolacci, A.; Stranieri, A.; Piccoli, G.; Barbieri, E.; Sestili, P.; Patti, A.; Stocchi, V.; et al. An Integrated Approach to Skeletal Muscle Health in Aging. Nutrients 2023, 15, 1802. https://doi.org/ 10.3390/nu15081802
⁷ Giron M, Thomas M, Jarzaguet M, Mayeur C, Ferrere G, Noordine ML, Bornes S, Dardevet D, Chassard C, Savary-Auzeloux I. Lactiseibacillus casei CNCM I-5663 supplementation maintained muscle mass in a model of frail rodents. Front Nutr. 2022 Aug 10;9:928798. doi: 10.3389/fnut.2022.928798.
⁸ Giron M, Thomas M, Dardevet D, Chassard C, Savary-Auzeloux I. Gut microbes and muscle function: can probiotics make our muscles stronger? J Cachexia Sarcopenia Muscle. 2022 Jun;13(3):1460-1476.