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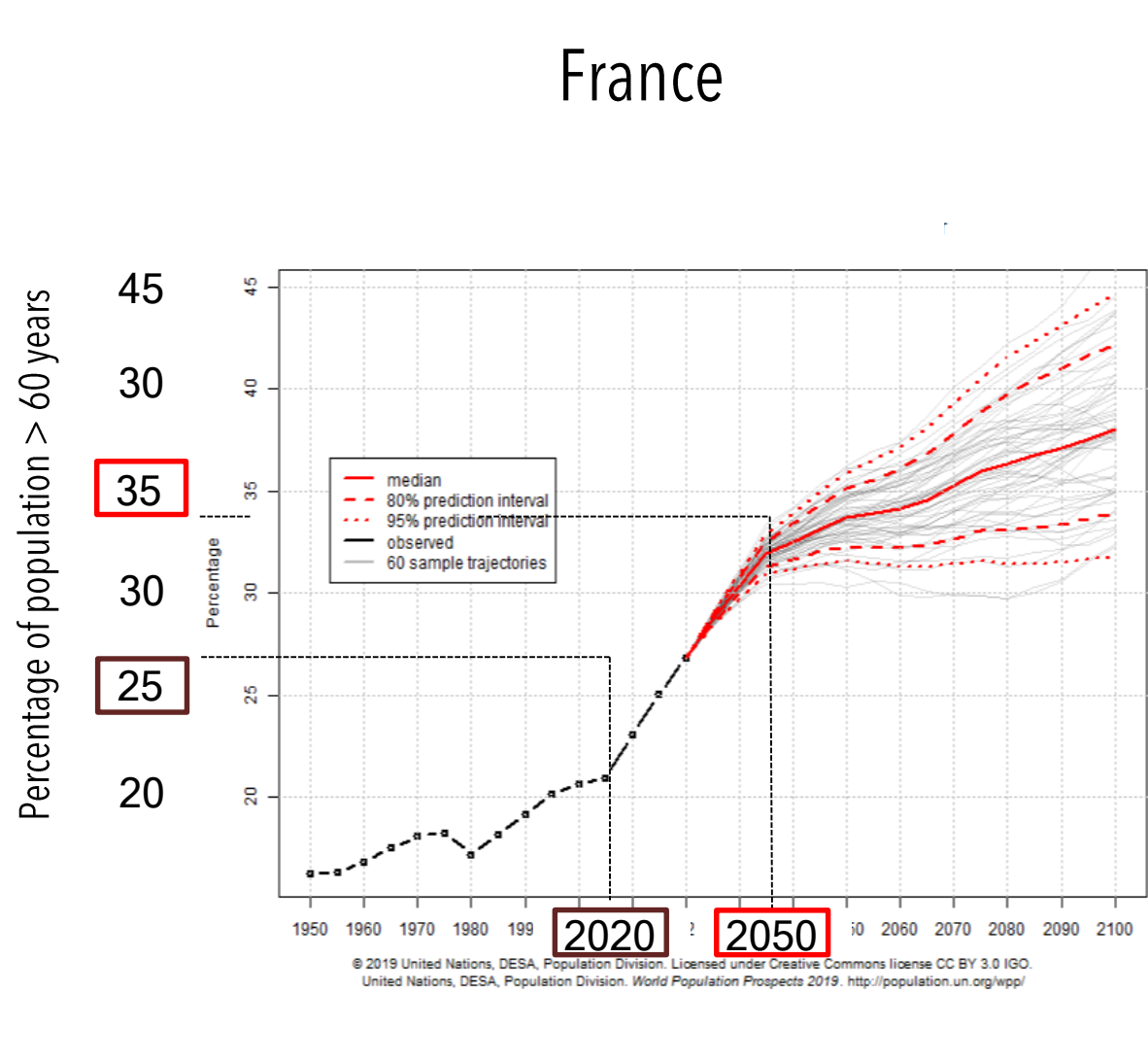
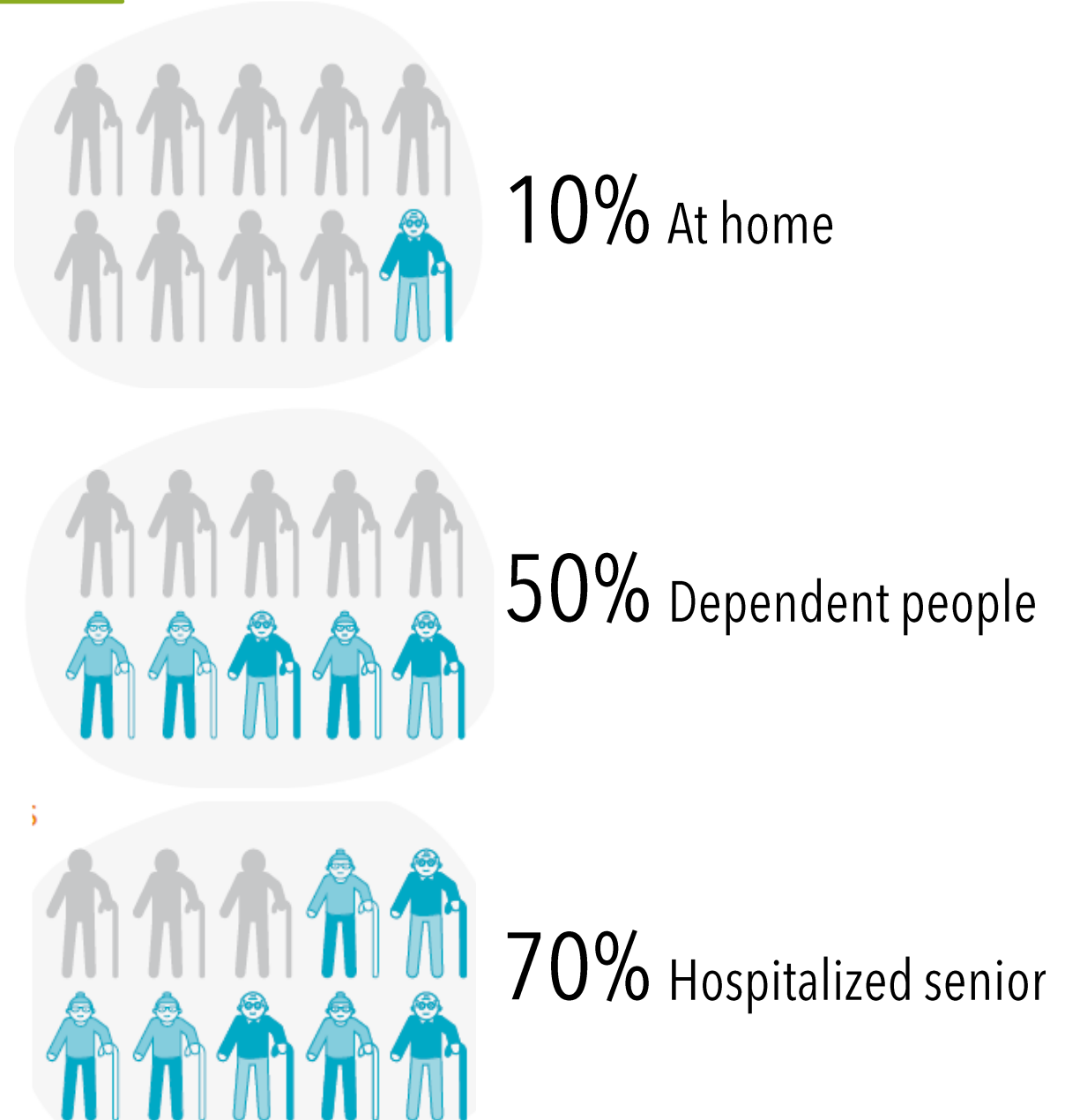
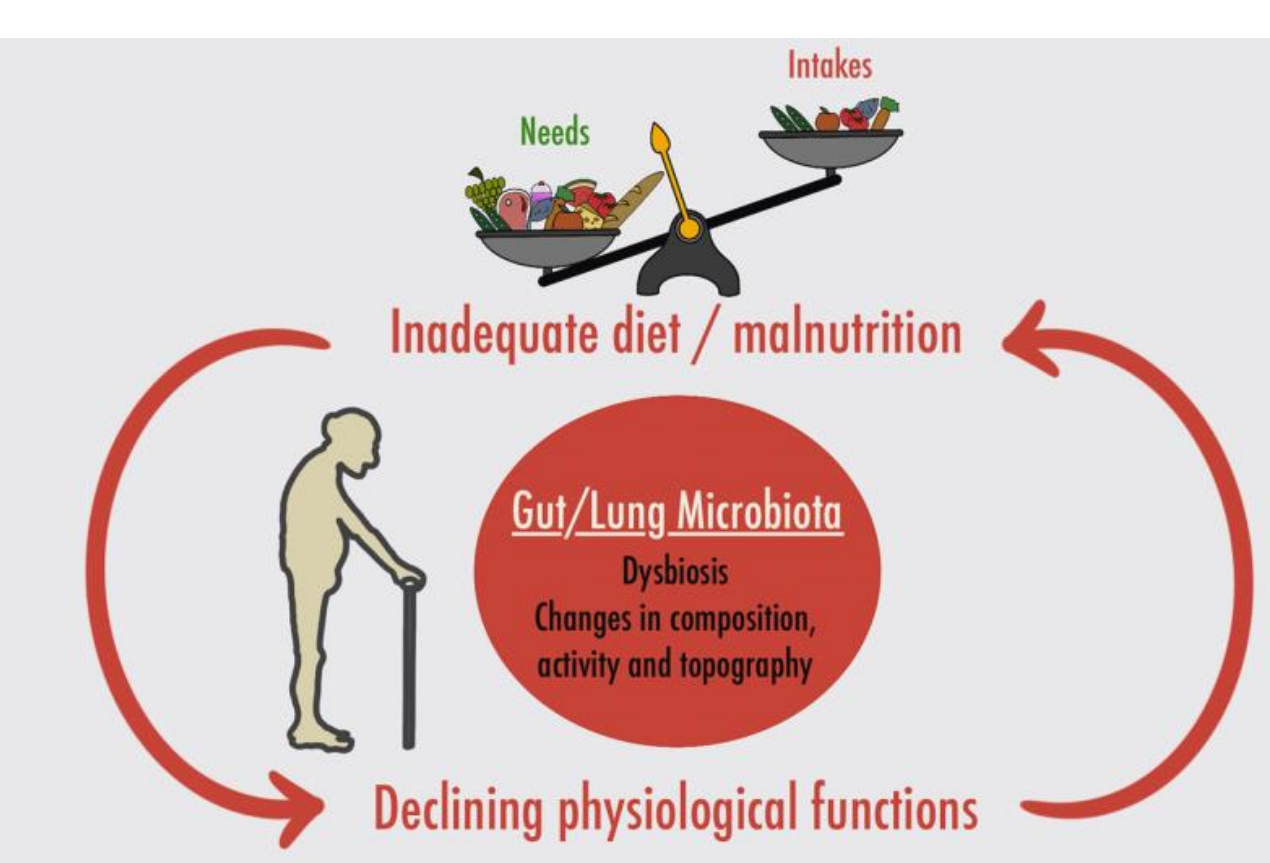
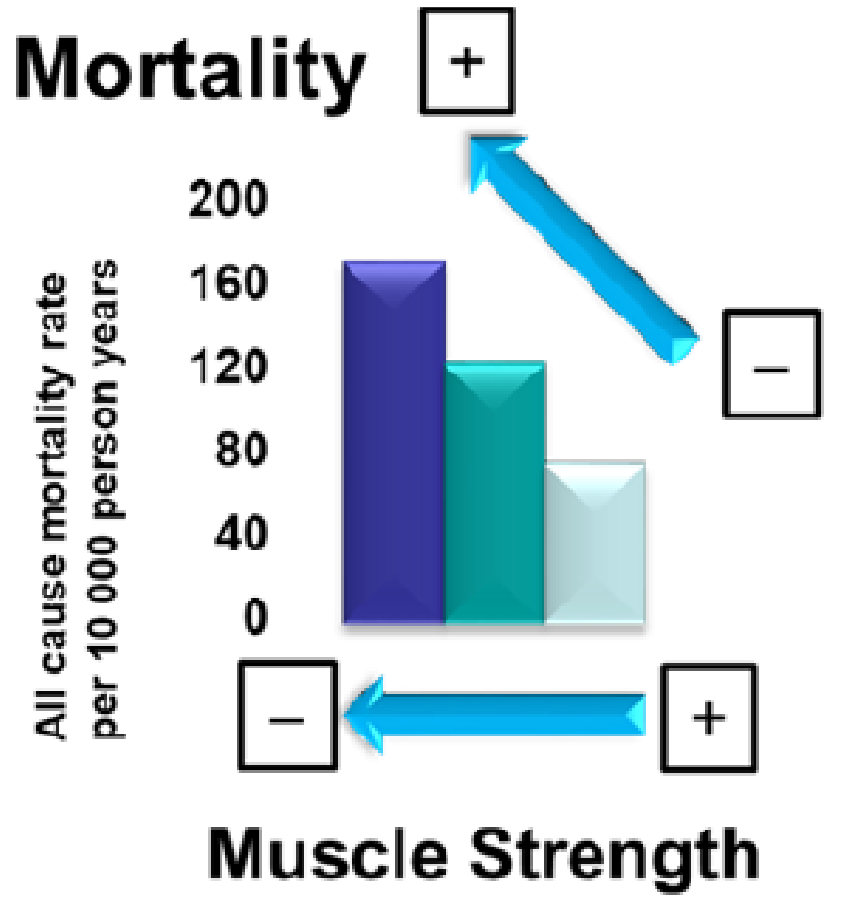
Functional Finger Foods : a promising strategy to increase the proteins intake of older people

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 nard re
 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 ?

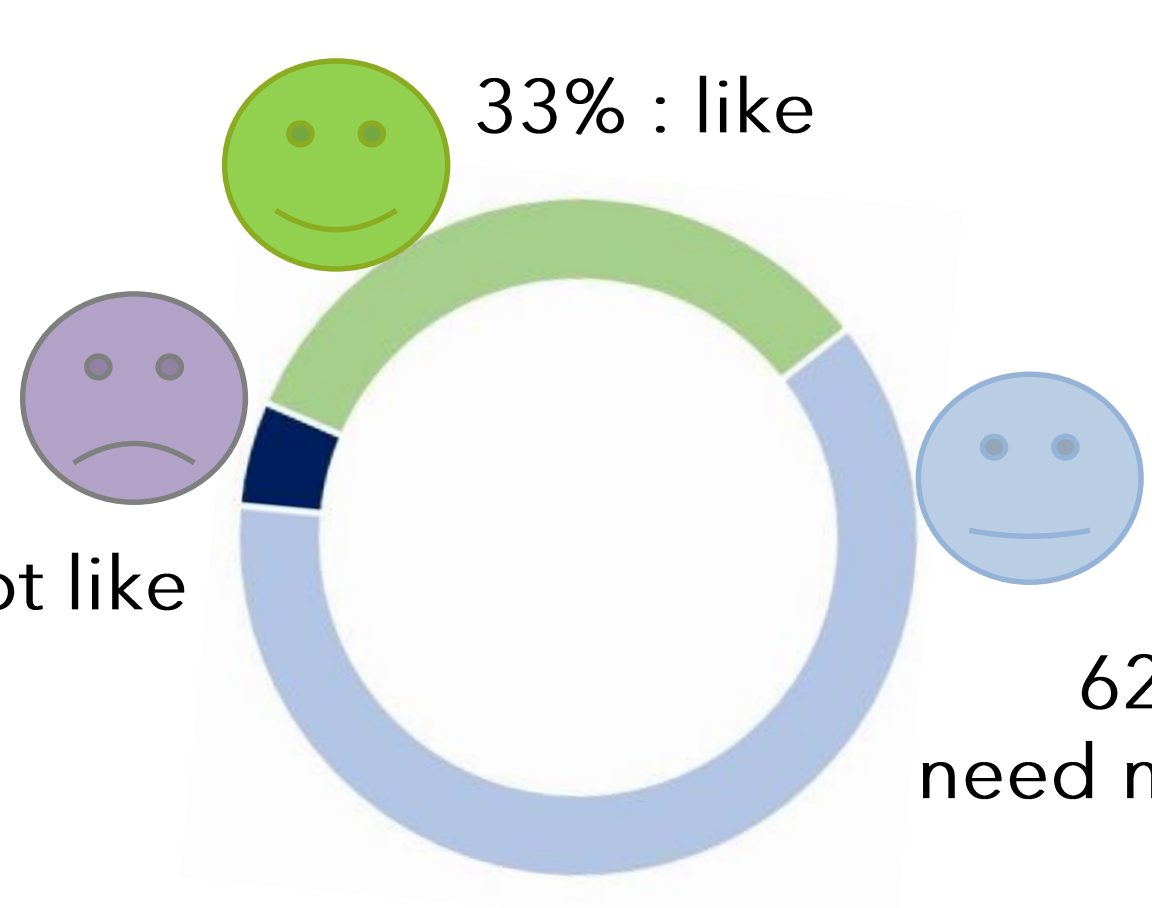
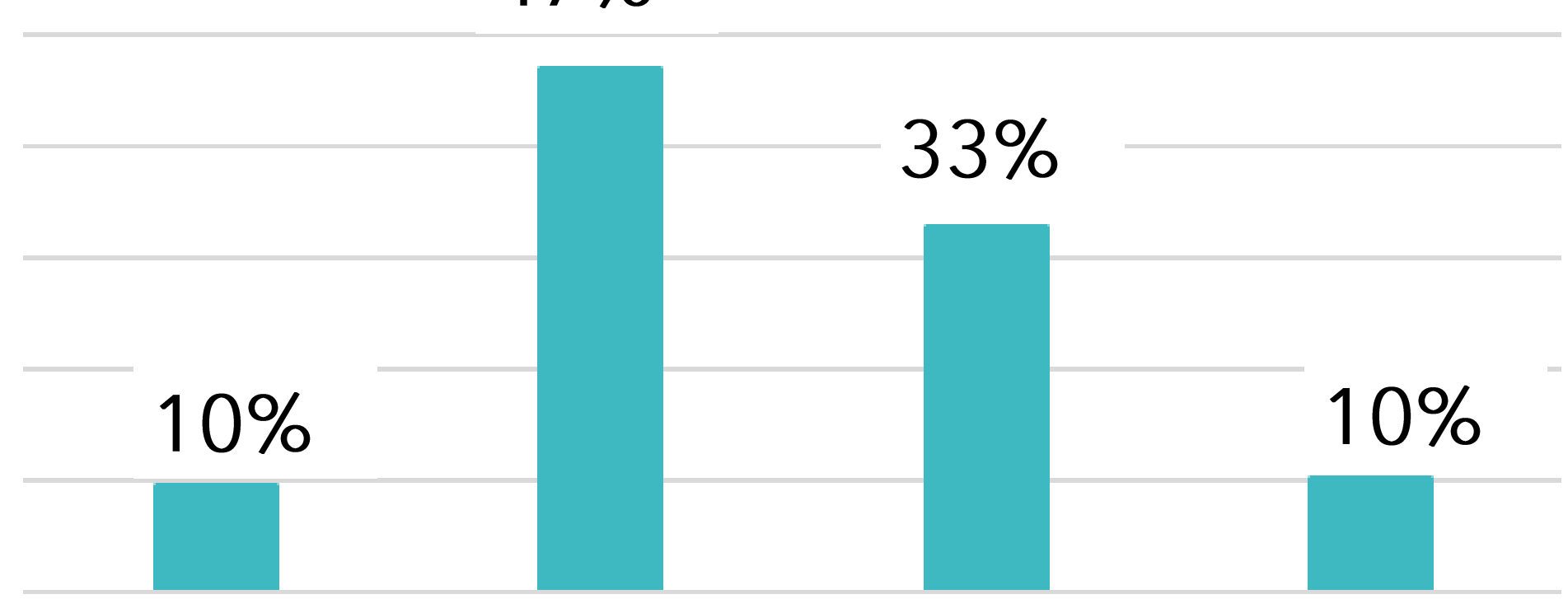
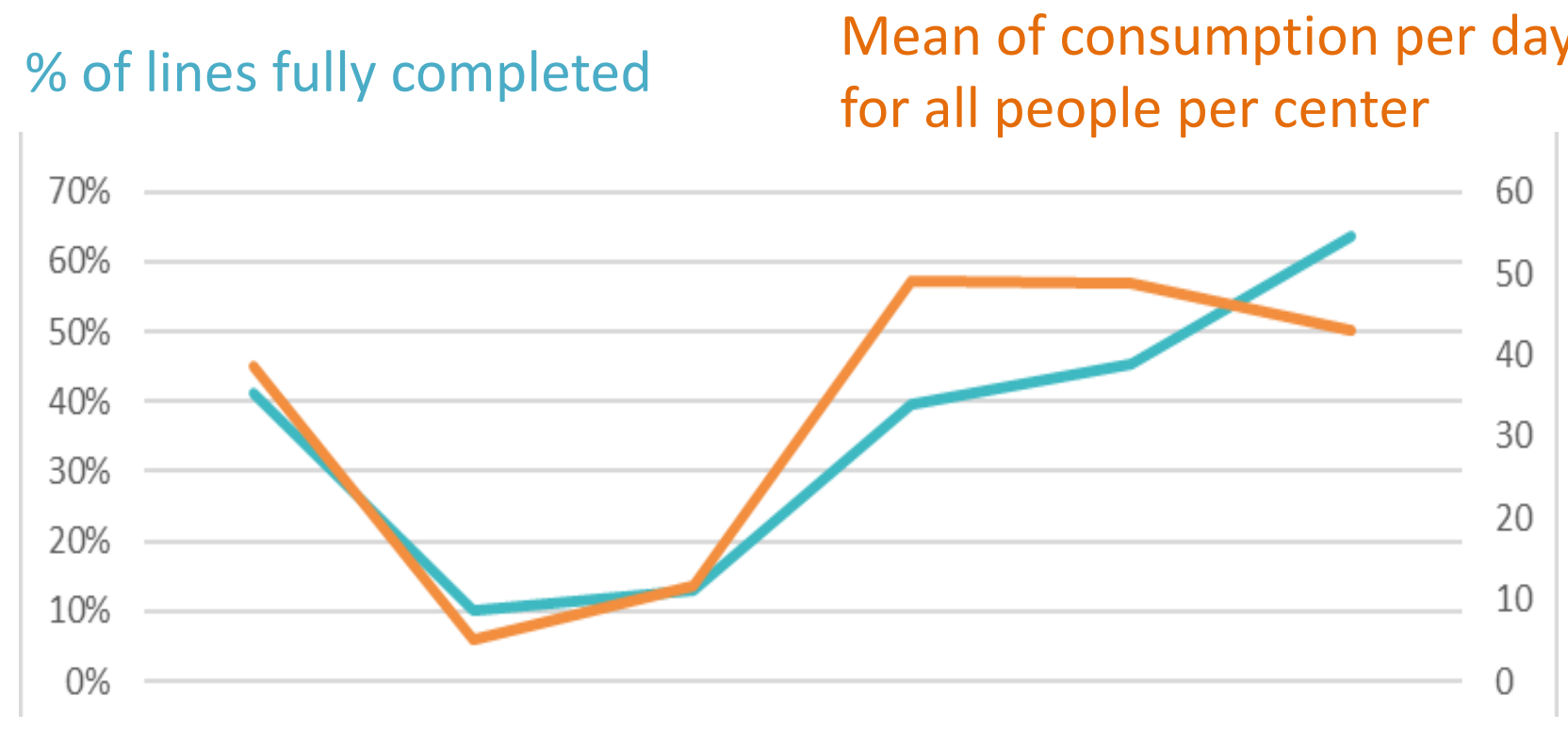
- 1** Finger Food

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

Distribution in 5 centers of care



126 sheets, n=60, 15 days

Results

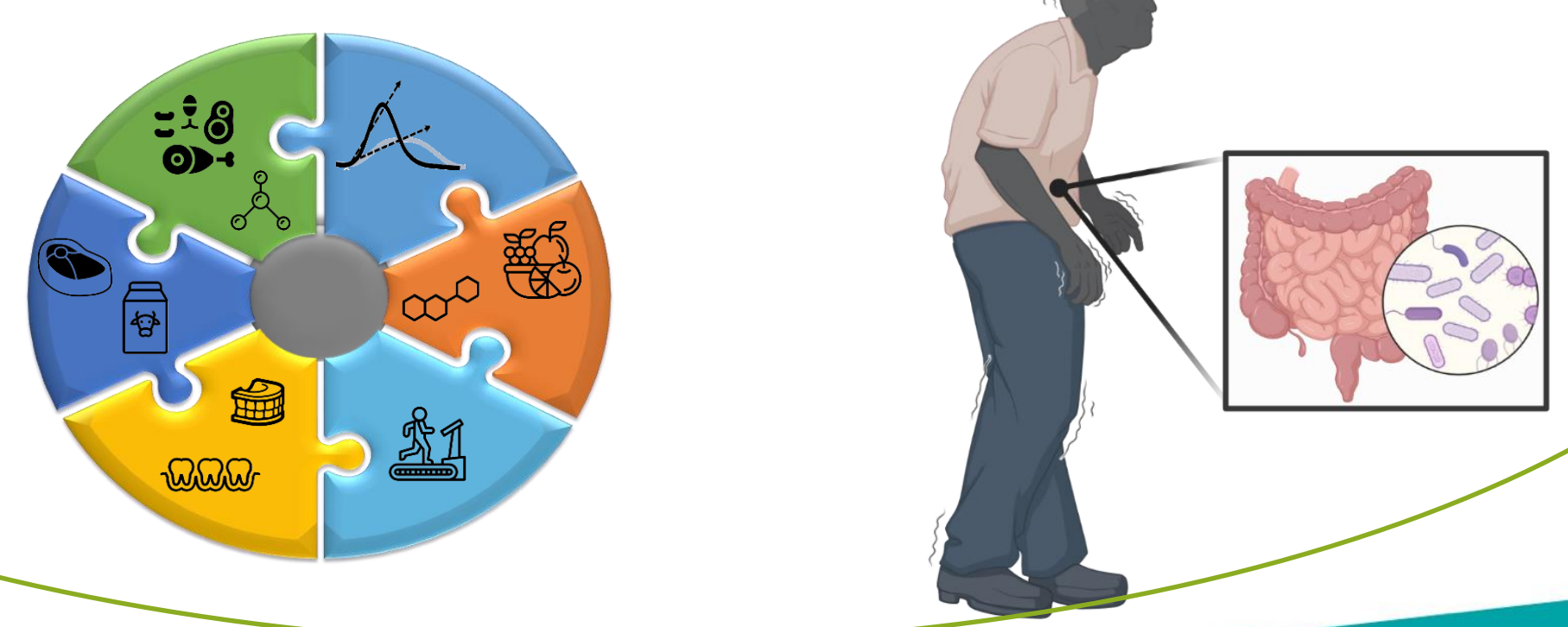
- 1** Liking or not?

 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

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