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Age-optimized digestion of two high protein dairy products: Gastric *in vitro* semi-dynamic digestion model of adult vs older adults

Shannon Gwala¹, Anaïs Lavoisier², Martine Morzel², Didier Dupont², André Brodtkorb¹

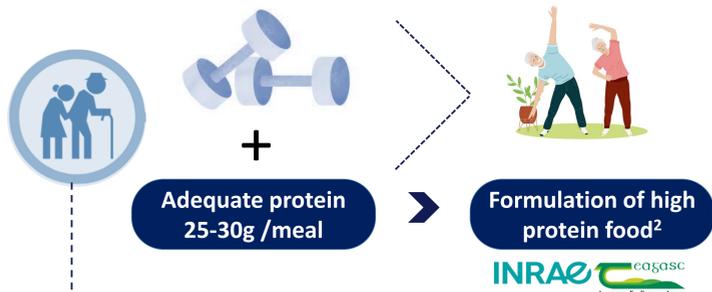
¹TEAGASC Food Research Centre, Moorepark Fermoy, Ireland; ²INRAE, UMR STLO, Institut Agro, France



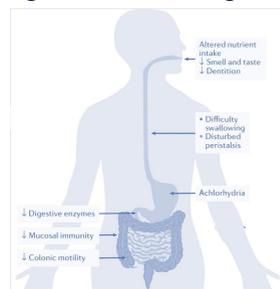
shannon.gwala@teagasc.ie

Introduction

Nutrition & exercise contribute to healthy aging¹.



Age related GIT changes³



- Rational design of food targeted for older adults need to take G.I.T changes into account.
- In the older adult, the gastric phase has several significant differences.
- *In vitro* gastric semi- dynamic digestion can provide insight into these changes.

Objectives

- To apply a physiologically relevant model to the older adult population.
- To establish differences in protein deconstruction due to application of an older adult parameters under semi-dynamic gastric conditions.

Key message

We show the importance of applying physiologically relevant parameters for the digestion of food targeted towards older adults.

Under *in vitro* semi-dynamic gastric conditions:

- proteolysis of both high protein yoghurt is slower for older adults.
- Proteins of 10 - 30 kDa in the whey based yoghurt are partially resistant to gastric digestion.
- Particle size is nevertheless reduced in the whey based yoghurt.

Point towards the need of a standardised semi-dynamic protocol.

Methods

Test food

- Casein based yoghurt (CBY)
Commercial Skyr & dulce de leche base.
- Whey based yoghurt⁴ (WBY)
In house (INRAE) yoghurt (80:20 whey to casein proteins combined with a WPI enriched caramel like base (Teagasc).

	CBY	WBY
Protein (%)	12.3	8.7
Carbohydrates (%)	11.1	15.4
Fat (%)	1.8	1.7
Calories/g	1.11	1.4

In vitro gastric semi-dynamic digestion



3 gastric emptying (GE) points

- Gastric half-time decreased by a factor of 1.5 for the older adult⁵.
- Pepsin concentration: adult 4000 U/mL older adult 2400 U/ml

Analysis



Particle size distribution (PSD) at gastric emptying points



Confocal laser microscopy with Fast green and Nile red for staining protein and lipids, respectively.



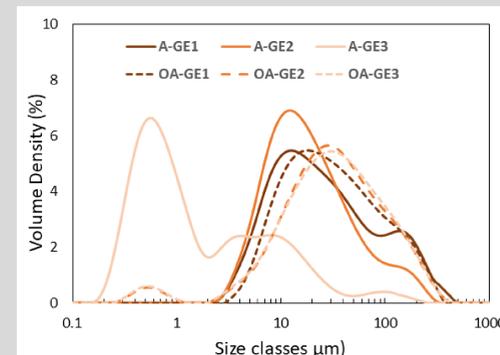
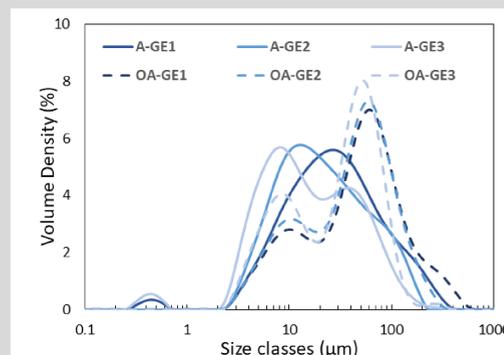
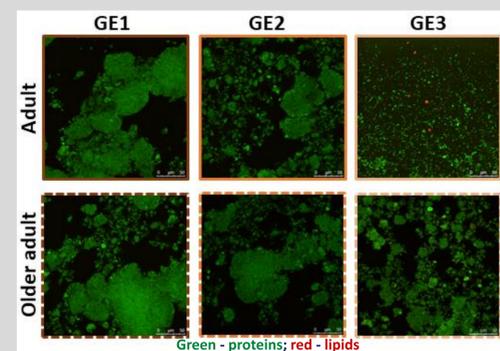
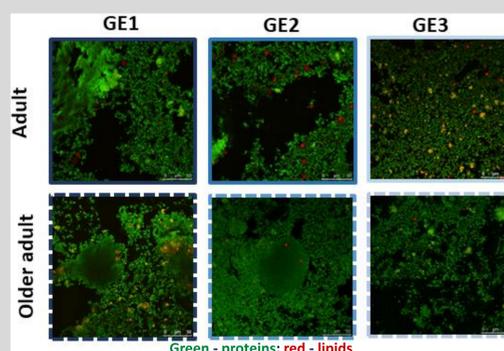
Size exclusion chromatography

Results & Discussion

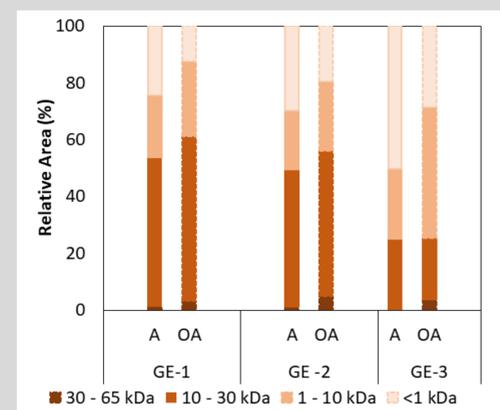
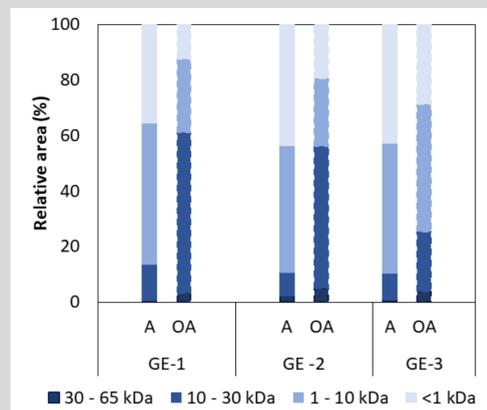
Casein based yoghurt

Whey based yoghurt

CLSM and PSD show a progressive deconstruction of protein aggregates at gastric emptying.



SEC-HPLC reveals distinct pepsinolysis profiles between the adult and older adult models and with respect to the type of yoghurt.



- Proteins of 10 – 30 kDa in the whey based yoghurt are resistant to gastric digestion. Attributed pepsin resistant β-lactoglobulin.
- Larger proteins and peptide fractions are consistently more abundant in the older adult digesta compared to that of the adult.

Acknowledgement

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