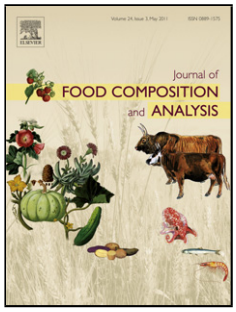
Accepted Manuscript



Title: Dietary protein intake by meal types in adults aged 51 years and over: WWEIA, NHANES 2011–2012

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PII: S0889-1575(17)30165-5
DOI: http://dx.doi.org/doi:10.1016/j.jfca.2017.07.011
Reference: YJFCA 2928

To appear in:

Received date: 15-12-2016
Revised date: 28-2-2017
Accepted date: 7-7-2017

Please cite this article as: Mishra, Suruchi., Goldman, Joseph D., Sahyoun, Nadine R., & Moshfegh, Alanna J., Dietary protein intake by meal types in adults aged 51 years and over: WWEIA, NHANES 2011–2012.*Journal of Food Composition and Analysis* http://dx.doi.org/10.1016/j.jfca.2017.07.011

Original Research Article

Dietary protein intake by meal types in adults aged 51 years and over: WWEIA, NHANES 2011-2012[1]

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1 Highlights

- Only 64% of men and 71% of women aged 51 and over consumed the three meal types
- Regardless of gender dinner contributed most protein by meal type
- Over half of the men and one-third women consumed ≥25g protein at lunch and dinner
- One in six men and only one in 20 women consumed ≥25g protein at breakfast
- Only 4% of older adults had protein intake of ≥25g at each of the three meal types

Abstract

Evenly distributing daily protein intake at meals has been suggested to improve muscle mass among older adults. The aim of this research is to evaluate protein intake and its distribution across three meal types (breakfast, lunch, and dinner). Nationally representative dietary intake data of adults aged 51 years and older who reported consuming breakfast, lunch, and dinner on the intake day from What We Eat in America, National Health and Nutrition Examination Survey (NHANES) 2011-2012, were analyzed. Total mean daily protein intake and protein intake per meal type were

[1] This paper was originally presented as a poster at the 39th National Nutrient Databank Conference (NNDC), held May 16-18, 2016 in Alexandria, VA (USA).