

Dairy protein and its role in the health of elderly people

Seniors in the 21st century are considered to be « **health conscious** », in other words, they actively seek to maintain good health throughout the latter part of their life. An internet study carried out in England concerning people over the age of 65 showed, that the majority have a healthy balanced diet, 56% reasoned that it was to help boost their general health whilst 54% felt that a healthy balanced diet would help them to prevent futures health problems. (November 2016, Lightspeed/Mintel)

In order to respond to this ever growing market demand, the food industry strives to offer products with an adapted **nutritional profile** and **texture** (due to issues such as small appetite, dental problems, dysphagia, taste and smell deficiencies etc). Despite these **specific nutritional needs**, seniors do not want to feel categorized and so, nutritional products aimed for them must be just as **indulgent, attractive and functional** as its counterparts aimed for other population categories.

The growing nutritional potential of dairy protein due to their abundance in **all, of the essential amino acids**, has distinguished them as a **first choice ingredient** for development in **clinical nutrition**.

At **Health Ingredients Europe (HIE) 2018**, Ingredia will be essentially focusing on nutrition and health in relation to the elderly population. We are therefore pleased to present 3 innovative concepts aimed at that market: a finger-food type dairy snack, a yogurt rich in calcium (to prevent osteoporosis) and a high protein beverage (aimed to combat overnight fasting).

-A chocolate flavored bite size « **Dairy snack** » containing 13.5% dairy protein. The innovative dome shaped structure along with a creamy indulgent texture makes this product unique on the market. It is created with the use of the micellar casein **PROMILK® SH 20** and milk protein **PROMILK® 600 A**. The association between these two proteins provides an optimal **intake of essential amino acids** that are slowly digested by the body. The indulgent yet adapted “**easy to eat**” format and creamy texture along with the high protein content make this snack an ideal option in the diet of an elderly person as it fulfills their daily protein requirements.

-A **yogurt** which is rich in **protein** (10%) and highly bioavailable **calcium** (420mg). This indulgent yogurt has been formulated with the **highly functional milk protein: PROMILK® 600 A**. This yogurt completes the daily protein and calcium intake requirements needed to preserve bone health and prevent osteoporosis amongst the elderly.

-A **high protein beverage** (12% protein) aimed to combat overnight fasting, has been formulated with two complementary protein: **native micellar casein PRODIET® Fluid** and **native whey protein hydrolysate PRODIET® Hydrolysate S25**. This unique micellar casein has been specifically developed to formulate high protein beverages while retaining **perfect fluidity**. PRODIET® Fluid has a high nutritional quality (rich in Branched Chain Amino Acids and in leucine). These two proteins have optimal biodisponibility in all of the amino acids. The high content of **leucine** and its **fast assimilation** by the body, triggers muscle synthesis and thus **avoiding muscle mass loss** which is an important health issue within the elderly community. The micellar caseins of the **PRODIET® Fluid** are slowly digested (fully digested up to 7 hours after ingestion), thus making them efficient against overnight fasting by providing a “fuller for longer” feeling.

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More on: www.ingredia.com

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