

Nutritional strategies to support muscle maintenance in clinical population

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NUTRITIONAL STRATEGIES TO SUPPORT MUSCLE MAINTENANCE IN CLINICAL POPULATIONS

1. The extent of skeletal muscle atrophy observed during hospitalization in patients is greater than the amount of muscle atrophy observed during experimental models of muscle disuse. *This thesis*
2. The disbalance between food provision and consumption of hospital meals results in an inadequate protein intake during hospitalization. *This thesis*
3. Anabolic resistance is secondary to a more sedentary lifestyle and is not related to whole-body insulin resistance or body fat content *per se*. *This thesis*
4. Ingestion of 40 g protein prior to sleep stimulates overnight muscle protein synthesis in older individuals. *This thesis*
5. The dramatic increase in average life expectancy during the 20th century ranks as one of the society's greatest achievement. *Global Health and Aging, World Health Organization 2011*
6. To increase food intake in older patients, we should first increase appetite.
7. Skeletal muscle is a critical independent, predictive factor for survival during hospitalization and possibly for quality of life and physical function post-hospitalization. *Adapted from Phillips et al, Nutrition in Clinical Practice 2017*
8. To increase daily protein intake in older patients during hospitalization, meal-service concepts in hospitals such as room service, buffet-style meals, meal orders upon request, and mealtime assistance should be implemented in hospitals.
9. The intrinsic motivation and patients' journey throughout disease differs per patient, which implies that a one-size-fits-all advice and treatment does not suffice.
10. It is easier to change a man's religion than to change his diet. *Margaret Mead*
11. When the leg does not walk, the stomach does not eat. *African proverb*