Maastricht University

Dietary protein to support active aging

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Propositions related to the dissertation entitled

Dietary protein to support active aging

1. A minimum of 30 g protein should be ingested by older individuals to increase post-exercise skeletal muscle protein synthesis rates. (This thesis)

2. Dietary protein ingestion prior to sleep represents a practical and efficient strategy to increase protein intake in the older population. (This thesis)

3. Consuming food in an upright body position is preferred to optimize the post-prandial rise in muscle protein synthesis rate. (This thesis)

4. Incorporating regular anabolic factors, such as habitual physical activity and diet, into the assessment of muscle protein synthesis rates will provide more insight into the impact of intervention strategies designed to preserve muscle mass. (This thesis)

5. Encouraging strategies to maximize the impact of smaller protein doses should be preferred over simply encouraging ingestion of greater protein doses.

6. The main determinant of sarcopenia appears to be the decline in resistance-type physical activities. (Millward, *Am J Clin Nutr* 1997)

7. We do not stop exercising because we grow old – we grow old because we stop exercising. (Dr. Kenneth Cooper)

8. We have surely attained enough knowledge in rodents to make them the healthiest species on the planet.

9. An expert is one who has made all the mistakes which can be made, in a narrow field. (Niels Bohr)

Andrew M. Holwerda
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