

Postprandial muscle protein synthesis in the elderly

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Propositions belonging to the thesis:

Postprandial muscle protein synthesis in the elderly

Bart Pennings, 3 april 2013

1. Exercising before protein intake allows for more of the ingested protein to be used for newly synthesized muscle protein. (*this thesis*)
2. Whey protein stimulates postprandial muscle protein accretion more effectively than do casein and casein hydrolysate in older men. (*this thesis*)
3. The production of intrinsically labeled milk and meat protein is feasible and provide functional tools for human nutrition research. (*this thesis*)
4. Minced beef is more rapidly digested and absorbed when compared with beef steak, resulting in greater postprandial protein retention in older men. (*this thesis*)
5. Elderly people aged 80 years and over are presently the fastest growing subpopulation in the developed countries. (*WHO. Ageing 2012, <http://www.who.int/topics/ageing/en>*)
6. No decline with age is probably more dramatic or potentially more functionally significant than the decline in muscle mass. (*I.H. Rosenberg. J. Nutr 1997, 120: 990S-991S*)
7. Intestinal metabolism of dietary amino acids alters both the amount and pattern of amino acids absorbed into the portal circulation. (*B. Stoll & D.G. Burrin, J ANIM SCI 2006, 84:E60-E72*)
8. The food we eat today is the body we wear tomorrow. (*Jack Lalanne, 1914-2011*)
9. You're not considered a fool to climb the Mont Ventoux, but you are if you do it again! (*French saying*)
10. Ambition is a dream with a V8-engine. (*Elvis Presley, 1935-1977*)