

NUTRITION MANAGEMENT OF FRAILTY

Older adults must have adequate amounts of protein in their daily diet. Both **plant and animal-based** protein sources help maintain muscle mass.

animal-based



plant-based



fish



lean meat

Include **25 - 30g** of good quality protein such as fish, egg, seafood, dairy products and lean meat in one meal to help enhance muscle building.

For greater benefits, try to schedule your protein intake right after your workout.

Malnutrition is one of the leading factor of frailty. Adequate energy and good quality protein, as well as maintaining **2 servings of fruits and 2 servings of vegetables daily**, is important to prevent malnutrition.



Malnutrition and inadequate protein intake may lead to unintentional **weight loss, loss of muscle mass and loss of strength**. These may result in exhaustion and reduced physical performance.

