

HOW MUCH PROTEIN DO PEOPLE NEED?

PERSON
DIRECTED
DINING



When you review labs with a physician about a resident with low albumin results, consider recommending a dietitian consult.

The dietitian is helpful in assessing the person's calorie and protein needs, and documenting whether that person's needs are being met through the foods they are eating.

People Prefer Eating Real Foods When They Need to Increase Their Calories and Protein.

Always try to serve real food first when providing adequate calories and protein before using supplements. Here are some favorite foods that supply plenty of protein.

Protein Rich Foods Providing: (7-9 grams protein)

- ✓ 1 oz. Meat
- ✓ ¼ cup Cottage Cheese.
- ✓ 1 Egg
- ✓ 1 oz. Cheese
- ✓ 1 cup Milk
- ✓ 1 cup Yogurt
- ✓ ½ cup Thrive ice cream
- ✓ Special K high protein bar
- ✓ 2 Tbsp. Peanut Butter

Protein Supplements Providing: (5-7 grams protein)

- ✓ Liquid protein supplements
- ✓ Prostat 15 ml = 7 grams
- ✓ Promod 15 ml = 5 grams
- ✓ Prosource 15 ml = 7 grams



If clinical progress is not achieved through eating regular foods, then the registered dietitian may recommend a protein supplement.

"Low albumin or pre-albumin levels do not necessarily mean that someone needs more protein? This lab may reflect the inflammatory response."

- Diane Hall, RD

Did You Know...?

- ✓ *If someone eats protein and does not eat enough calories, protein is metabolized as an energy (glucose) source and not as a protein (amino acids) source?*
- ✓ *That too much protein can be risky, especially for older adults?*

Dietitians are there to help. Consult them when assessing a person's calorie and protein needs.

If you have a resident with low albumin, a consultation with a dietitian can be useful in making sure that the person's nutritional needs are being met through the foods they are eating.



Your dietitian:

BSN
SOLUTIONS