



Protein: Are We On Track and On Time?

“Housekeeping Details”



- www.bcdanutritionforum.ca
 - Powerpoint presentations available tomorrow
 - Recorded presentations for viewing, later in June
- Please turn off cell phones

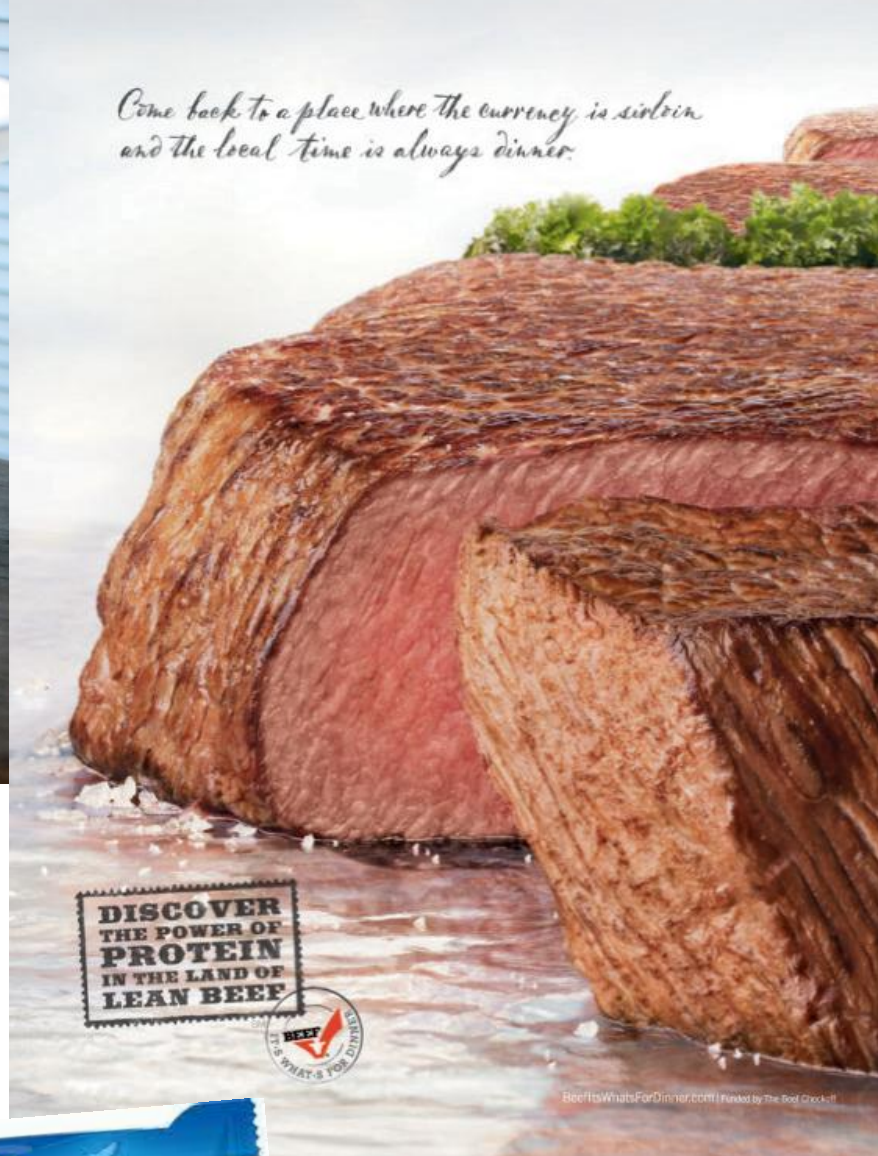
QUESTIONS!



- Notepads on tables for written questions
 - Leave on podium at break
 - Pass to volunteers during panel session
- Roving microphones during panel



*Come back to a place where the currency is sirloin
and the local time is always dinner.*



**DISCOVER
THE POWER OF
PROTEIN
IN THE LAND OF
LEAN BEEF**



BeefIt'sWhatsForDinner.com | Flavored by The Beef Check-It!

**NOW CAMPBELL'S CHUNKY™
HAS 34 SOUPS THAT ARE A**

**GOOD
SOURCE OF
PROTEIN**



BETTER THAN EVER

*Provides 10% of recommended daily value of protein per serving.

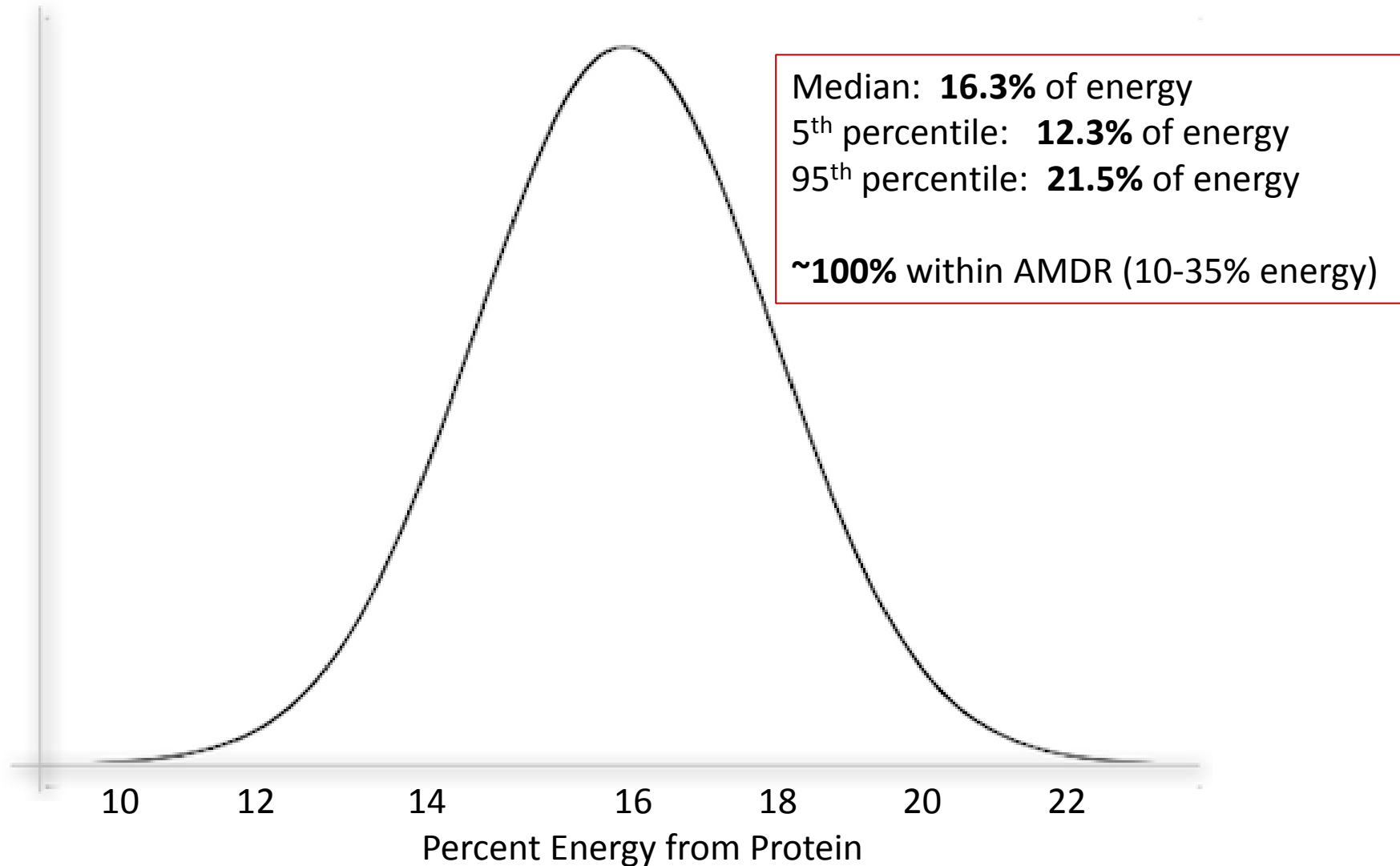


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DO WE NEED MORE PROTEIN?

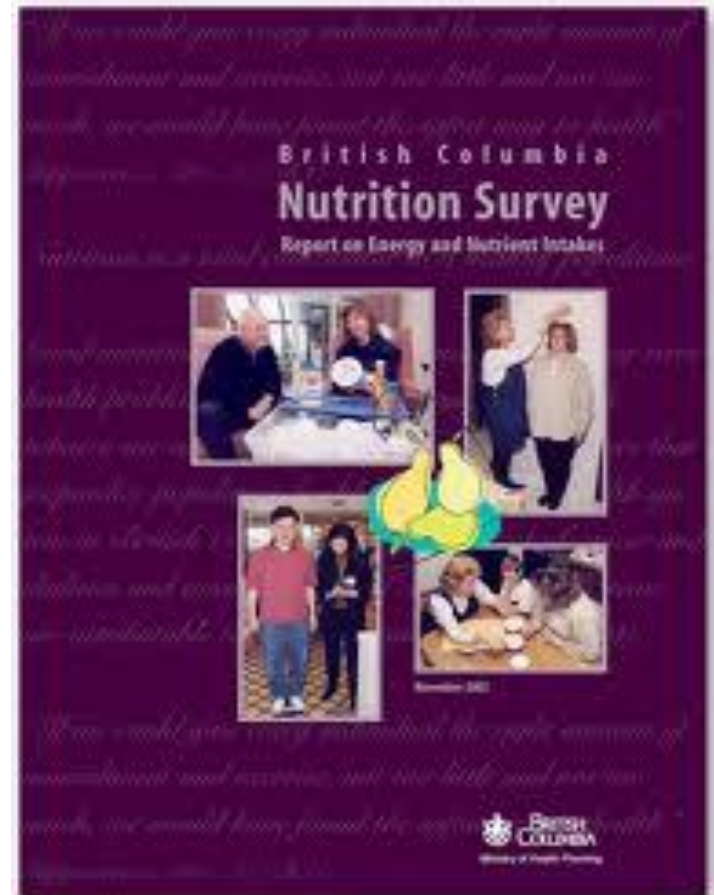


Protein Intake of Canadians, age 19+ (CCHS 2.2, 2004)



What About Grams/Kg?

- CCHS 2.2 has not published data in g/kg, so we cannot assess adequacy against current EAR/RDA
- ***Some insight*** – using data from the BC Nutrition Survey (1999)



Protein in B.C. Adults

	Protein (g/kg)*	% below EAR
MEN -- all	1.28 ± 0.5	5.7
- age 19-30	1.50 ± 0.5	4.9
- age 31-50	1.21 ± 0.4	4.8
- age >50	1.13 ± 0.4	8.9
WOMEN -- all	1.05 ± 0.3	7.2
- age 19-30	1.10 ± 0.3	6.2
- age 31-50	1.06 ± 0.3	6.7
- age >50	1.01 ± 0.3	9.1

* Likely underestimated by ~10%

Are We Getting Enough?



- We're really not sure...
- Intakes *appear* adequate compared to current EAR and RDA
- BUT – older adults may be at higher risk
- AND – ***What if the current EAR and RDA are underestimated?***
- AND – ***What about timing of intake?***