



Balancing Energy and Protein Utilization for Optimal Health Outcomes

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30g protein/day? HISTORICALLY CALCULATIONS & RECOMMENDATIONS FOR PROTEIN INTAKE DIFFERED

POSITIVE IMPACT ON

HEALTH OUTCOMES



protein day?

19 protein/kg/day

SCIENTIFIC FUIDENCE



MY PATIENT IS NOT A GUIDELINE



SECRETS OF CALORIES



NUTRITIONAL STATUS

PHYSICAL ACTIVITY LEVEL

GENDER

DISEASE

COMORBIDITIES





lecture here

Watch the

complete

MEDICAL NUTRITION THERAPY HAS TO BE INDIVIDUALLY ADJUSTED

