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## Nutrition and Frailty: Effects of a Protein-Enriched Diet on Muscle Mass Preservation in Community-Dwelling Elderly

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Frailty syndrome in the elderly is linked to sarcopenia and poor nutritional status. This 6-month intervention study assessed the effects of a protein-enriched diet combined with resistance exercise on muscle mass and physical performance in 120 community-dwelling older adults. Participants receiving the intervention maintained muscle mass and showed improved grip strength and gait speed, while controls experienced declines. Nutritional adherence was high, and

no adverse effects were noted. Protein supplementation alongside exercise is recommended to prevent frailty and support healthy aging.

### Biography

Susan Lee is a registered dietitian and nutrition scientist focusing on aging and sarcopenia. Her work emphasizes practical dietary strategies to maintain functional independence in the elderly.