



SUPPLEMENT

## The future of personalized medical nutrition; a focus on protein

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### Abstract

Dietary protein is essential for preserving muscle mass and preventing adverse outcomes in a wide range of patient populations. However, achieving sufficient protein intake remains a major challenge, particularly in disease states where requirements are elevated—often double the normal needs—while intake is impaired. As a result, many patients experience a significant protein gap, frequently as high as 50%. Although protein supplementation has been shown to effectively maintain muscle mass and quality, long-term compliance remains limited due to issues such as taste, tolerance, and regimen complexity. This presentation will explore the role of protein in personalized clinical nutrition, examine the causes and consequences of the protein gap, and highlight emerging innovations aimed at improving adherence and tailoring protein intake to individual patient needs.

**Keywords:** dietary, protein, muscle mass, clinical nutrition

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