

Dietary protein requirements and recommendations for healthy older adults

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Dietary protein requirements and recommendations for healthy older adults: a critical narrative review of the scientific evidence – CORRIGENDUM

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The authors would like to apologise for an error in Table 1. The original version was:

Table 1. Successive protein requirements and recommendations by international groups to ensure nitrogen balance in adults

Report	Age	Methodological approach	Biological value of dietary protein (%)	Average protein requirements (g/kg/day)	Recommendation/ safe level of intake (g/kg/day)
League of Nations 1936 ⁽²²⁾	Adults	–	–	–	1.0
FAO 1957 ⁽²³⁾	Adults	N-balance	80	0.53	0.66
FAO/ WHO 1965 ⁽¹⁴⁰⁾	Adults	Factorial	80	0.71	0.89
FAO/ WHO 1973 ⁽⁹⁴⁾	Adults (20-39 yrs.)	Factorial	75	0.57	0.75
FAO/ WHO/ UNU 1985 ⁽⁹⁵⁾	Adults	N-balance	100	0.75	0.75
FAO/ WHO/ UNU 2007 ⁽⁶⁾	Adults (≥ 18 yrs.)	Meta-analysis (N-balance studies) ⁽⁷⁾	100	0.66	0.83

Adopted from NS Scrimshaw⁽¹⁴¹⁾ and updated.

The corrected version is given below, with the corrected value in bold:

Table 1. Successive protein requirements and recommendations by international groups to ensure nitrogen balance in adults

Report	Age	Methodological approach	Biological value of dietary protein (%)	Average protein requirements (g/kg/day)	Recommendation/ safe level of intake (g/kg/day)
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FAO/ WHO 1965 ⁽¹⁴⁰⁾	Adults	Factorial	80	0.71	0.89
FAO/ WHO 1973 ⁽⁹⁴⁾	Adults (20-39 yrs.)	Factorial	75	0.57	0.75
FAO/ WHO/ UNU 1985 ⁽⁹⁵⁾	Adults	N-balance	100	0.6	0.75
FAO/ WHO/ UNU 2007 ⁽⁶⁾	Adults (≥ 18 yrs.)	Meta-analysis (N-balance studies) ⁽⁷⁾	100	0.66	0.83

Adopted from NS Scrimshaw⁽¹⁴¹⁾ and updated.

Reference:

Nishimura Y, Højfeldt G, Breen L, Tetens I and Holm L (2021). Dietary protein requirements and recommendations for healthy older adults: a critical narrative review of the scientific evidence. *Nutrition Research Reviews* FirstView, pp. 1–17.