Protein Summit 2.0: Evaluating the Role of Protein in Public Health

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Supplement—Protein Summit 2.0: Evaluating the Role of Protein in Public Health

1317S Introduction to Protein Summit 2.0: continued exploration of the impact of high-quality protein on optimal health. NR Rodriguez

1320S The role of protein in weight loss and maintenance. HJ Leidy, PM Clifton, A Astrup, TP Wycheley, MS Westerterp-Plantenga, ND Luscombe-Marsh, SC Woods, and RD Mattes

1330S Defining meal requirements for protein to optimize metabolic roles of amino acids. DK Layman, TG Anthony, BB Rasmussen, SH Adams, CJ Lynch, GD Brinkworth, and TA Davis

1339S Protein and healthy aging. D Paddon-Jones, WW Campbell, PF Jacques, SB Kritchevsky, LL Moore, NR Rodriguez, and LJC van Loon

1346S Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. SM Phillips, VL Fulgoni III, RP Heaney, TA Nicklas, JL Slavin, and CM Weaver

1353S Effective translation of current dietary guidance: understanding and communicating the concepts of minimal and optimal levels of dietary protein. NR Rodriguez and SL Miller