**LIFE AND LIVING IN ADVANCED AGE: A COHORT STUDY IN NEW ZEALAND (LiLACS NZ). TE PUAAWAITANGA O NGA TAPUWAE KIA ORA TONU - PROTEIN INTAKE IN MAORI OF ADVANCED AGE.** BENNETT B1, WHAM C1, TEH R2, MOYES S2, KEPA M2, KERSE N2. 1SCHOOL OF FOOD AND NUTRITION, MASSEY UNIVERSITY, AUCKLAND, 2 DEPARTMENT OF GENERAL PRACTICE AND PRIMARY HEALTH CARE, UNIVERSITY OF AUCKLAND.

**Background/Aim:** Adequate protein intake in older adults is important to preserve muscle mass, strength and function. Current knowledge of protein intakes of Māori in advanced age is unknown. The aim of this study was to investigate protein intake; animal vs. plant protein intake, protein intake distribution and protein intake from kai Māori and other Māori foods. **Methods:** Face to face interviews using a standardised questionnaire were conducted as part of wave 2 of LiLACS NZ. Repeated 24 hour multiple pass recall dietary assessments were completed by 216 Māori men and women aged 80-90 years. Nutrient intakes were analysed using FOODfiles 2010. **Results:** Compared to the Estimated Average Requirement for protein, 65% of men and 76% of women had an adequate daily median protein intake (men 73g and 0.94g/kg, and women 55g and 0.83g/kg). Animal protein intake (men, 52.7g and women, 36.6g) was higher than for plant protein (men,19.8g and women,18.5g), and animal: plant ratios for men and women were 2.63 and 1.94 respectively (p=0.009). Poultry, fish and seafood were the highest contributors of protein intake and protein percentage of energy in men and women. Median protein intake at breakfast and lunch were similar between the genders (p>0.05), however protein intake at dinner was higher for men than women (p<0.001). There was minimal contribution of protein from Kai Māori (median 1.31g and 1.08g) and other Māori foods (median 3.28g and 2.65g) for men and women respectively. **Conclusion:** Initiatives are needed to increase both the daily intake of protein and distribution of protein across meals. Improved access to kai Māori and other Māori foods may enhance overall protein food consumption.

296 words

*If the abstract is accepted, can I please be considered for an early morning presentation? I have a meeting that afternoon I must attend.  
   
Kind regards  
Briar Bennett*