

Supplemental Table S1. Inclusion Criteria of Each Study

	Study 1 (NCT01692860)	Study 2 (NCT01396915)	Study 3 (NCT02187965)
Study objective	To assess the effect of milk protein concentrate on blood pressure, inflammation, muscle composition, and metabolic health during weight loss in overweight/obese adults	To assess the effect of egg-based higher protein diet on muscle composition (muscle fat infiltration) and size, indices of metabolic health and markers of systemic inflammation	To assess the within day reproducibility of MRI scans for intermuscular adipose tissue quantification in older men and women
Geographic area	Greater West Lafayette, IN, USA		
Gender	Males and females		
Age range, yr	35–65	35–80	60–80
BMI range, kg/m ²	25–38	35–38	19–24 and 30–35
Weight status	Weight stable (± 3 kg) during last 3 months	Not following a weight loss or other special/non-balanced diet in the past 6 months	NA
Exercise participation	Not following an exercise program during last 3 months	Not following an exercise program during past 6 months	NA
Cardiometabolic profiles	Fasting glucose <110 mg/dL Total cholesterol <260 mg/dL LDL-C <160 mg/dL Triacylglycerol <400 mg/dL Blood pressure <140/90 mm Hg Normal albumin and pre-albumin levels	Fasting glucose <110 mg/dL Total cholesterol <260 mg/dL LDL-C <160 mg/dL Triacylglycerol <400 mg/dL Blood pressure <160/100 mm Hg	NA
Disease/health status	No acute illness Not diabetic Not pregnant or lactating Non-smoking Not lactose intolerant	Not clinically diagnosed as diabetic Markers kidney, liver, and heart functions within 10% of clinical normalcy	Generally healthy
Usual diet	Baseline protein intake is >0.6 or <1.6 g/kg/day, based on 3-day food record	NA	NA

MRI, magnetic resonance imaging; BMI, body mass index; NA, not available; LDL-C, low density lipoprotein cholesterol.