

Table S1. Tertiles based on distribution pattern of protein intake (CV).

| Variables | Spread (<0.43) | Intermediate (0.43-0.62) | Pulse (>0.62) | P-value |
|----------------------------------|--------------------------|------------------------------------|-------------------------|-------------------|
| | <i>n</i> =46 | <i>n</i> =48 | <i>n</i> =46 | |
| Age, y | 83 (81-86) | 82(75-83) | 83(78-84) | 0.10 ¹ |
| Male, % | 34 (74) | 27 (56) | 29 (63) | 0.20 ¹ |
| Current smokers, n (%) | 1 (2) | 1 (2) | 0 (0) | 0.68 ³ |
| Level of education | | | | 0.86 ¹ |
| Low, n (%) | 4 (9) | 6 (13) | 4 (9) | |
| Intermediate, n (%) | 27 (61) | 24 (52) | 27 (63) | |
| High / academic, n (%) | 13 (30) | 16 (35) | 12 (28) | |
| Body composition | | | | |
| Weight, kg | | | | |
| Male | 76.3 ± 9.0 | 76.2 ± 11.3 | 78.3 ± 8.2 | 0.64 |
| Female | 65.9 ± 7.6 | 67.9 ± 12.7 | 72.9 ± 14.9 | 0.28 |
| BMI, kg/m ² | | | | |
| Male | 25.6 ± 2.6 | 25.9 ± 3.0 | 26.3 ± 2.6 | 0.61 |
| Female | 25.0 ± 2.9 | 26.3 ± 5.0 | 27.6 ± 5.3 | 0.34 |
| Dietary intake | | | | |
| Energy, kcal | | | | |
| Male | 2032 ± 388 | 2115 ± 374 | 1981 ± 342 | 0.38 |
| Female | 1818 ± 411 | 1783 ± 405 | 1673 ± 383 | 0.58 |
| Carbohydrate intake, en% | 42.5 ± 6.2 | 43.6 ± 5.9 | 42.7 ± 5.9 | 0.34 |
| Fat intake, en% | 35.4 ± 6.5 | 34.3 ± 4.7 | 33.7 ± 5.5 | 0.66 |
| Protein intake, en% | 15.6 ± 2.4 | 17.0 ± 3.7 | 16.7 ± 2.6 | 0.06 |
| Protein intake, g | 76.8 ± 18.4 | 82.2 ± 19.7 | 77.5 ± 18.5 | 0.28 |
| Protein intake at breakfast, g | 18.9 ± 6.5 | 14.4 ± 5.4 | 9.8 ± 5.1 | <0.001 |
| Protein intake at lunch, g | 21.4 ± 6.2 | 25.0 ± 9.7 | 19.6 ± 11.9 | 0.023 |
| Protein intake at dinner, g | 26.1 ± 8.5 | 35.3 ± 12.8 | 39.2 ± 15.7 | <0.001 |
| Protein intake, g/kg/day | 1.05 ± 0.27 | 1.16 ± 0.31 | 1.04 ± 0.28 | 0.09 |
| Animal-based protein, % | 58.6 ± 8.5 * | 62.5 ± 9.4 | 64.4 ± 9.0 * | 0.009 |
| Vitamin D supplementation, n (%) | 9 (20) | 11 (23) | 10 (22) | 0.89 ¹ |
| Goldberg-score | | | | |
| EI/BMR | 1.35 ± 0.26 | 1.40 ± 0.28 | 1.28 ± 0.28 | 0.11 |
| Underreporting, n (%) | 0 (0) | 2 (4) | 3 (7) | |
| Within confidence limits, n (%) | 46 (100) | 46 (96) | 43 (93) | 0.29 ³ |
| Overreporting, n (%) | 0 (0) | 0 (0) | 0 (0) | |
| Physical activity | | | | |
| Total activity, METhr/day | 8.2 (5.8-12.6) | 9.0 (5.0-15.4) | 8.4 (4.7-12.2) | 0.89 ² |

| | | | | |
|---------------------------------|------------------|-----------------|------------------|--------------------|
| Sports, METhr/day | 0.7 (0.0-1.7) | 0.6 (0.0-1.9) | 0.0 (0.0-0.7) | 0.045 ² |
| Household activities, METhr/day | 1.8 (0.3-3.6) | 3.2 (1.3-6.1) | 3.5 (0.6-5.7) | 0.13 ² |
| Leisure time, METhr/day | 4.8 (2.5-8.2) | 3.4 (1.3-7.1) | 3.0 (2.0-6.7) | 0.28 ² |
| Muscle parameters | | | | |
| Grip strength, N | 34 ± 8 | 30 ± 11 | 33 ± 10 | 0.17 |
| SPPB total score | 11 (10-12) | 10 (9-11) | 10 (9-11) | 0.22 ¹ |
| SPPB balance score | 4 (3-4) | 4 (3-4) | 4 (3-4) | 0.90 ¹ |
| SPPB gait speed, s | 3.7 ± 0.7 * | 4.2 ± 1.1 * | 4.0 ± 1.0 | 0.045 |
| SPPB chair rise ability time, s | 12.7 ± 3.5 | 14.2 ± 6.2 | 13.4 ± 3.2 | 0.27 |
| Quality of Life | | | | |
| QALY | 0.92 (0.88-1.00) | 1.0 (0.86-1.00) | 0.92 (0.86-1.00) | 0.86 |
| Health score | 90 (80-95) | 90 (80-95) | 85 (75-95) | 0.25 |

BMI, body mass index; CV, coefficient of variation; EI/BMR, ratio of energy intake and basal metabolic rate; en%, energy percentage; g/kg/d, gram per kilogram of body weight per day; MET, metabolic equivalent of task; N, Newton; SPPB, Short Physical Performance Battery; QALY, Quality-adjusted life year. Categorical values are given as number (percentage) of participants. Parametric continuous values are means ± SDs and non-parametric values are median(IQR). P values for differences between the two groups of protein intake were derived by independent samples t-test unless otherwise indicated. ¹ Derived by Chi-square test, ² Derived by Kruskal-Wallis test. ³ Derived by Fisher's exact test. * Significant difference between tertiles.