**Supplemental Table 1** Intakes of main macronutrients and energy of 7 dietary protein doses1

|  |  |
| --- | --- |
| Intake | Gender |
| Male (*n* = 9) | Female (*n* = 7) |
| **Protein** |  |  |
| Actual Intake, g/(kg·d) | 0.993 ± 0.052 | 1.017 ± 0.050 |
| Energy from Protein, % | 12.01 ± 0.346 | 12.04 ± 0.389 |
| **Fat** |  |  |
| Actual Intake, g/(kg·d) | 0.792 ± 0.037 | 0.852 ± 0.072 |
| Energy from Fat, % | 21.52 ± 0.693 | 22.65 ± 1.074 |
| **Carbohydrate** |  |  |
| Actual Intake, g/(kg·d) | 5.445 ± 0.394 | 5.460 ± 0.403 |
| Energy from Carbohydrate, % | 65.63 ± 0.957 | 64.50 ± 1.159 |
| **Energy** |  |  |
| Intake, kcal/(kg·d) | 33.16 ± 2.059 | 33.85 ± 2.296 |

1Results are expressed as means ± SDs.