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| **Supplemental table 1** Geometric means and range of uncalibrated protein variables and food groups |
| Variable | g/ day | % energy | % protein |
|  | Mean | Range | Mean | Range | Mean | Range |
| Total BCAA | 10·85 | (1·26, 52·65) | 2·93 | (0·65, 7·46) | 17·70 | (12·37, 22·33) |
| Leucine | 4·87 | (0·52, 24·39) | 1·31 | (0·29, 3·29) | 7·94 | (5·21, 10·24) |
| Isoleucine | 2·79 | (0·31, 13·36) | 0·75 | (0·15, 2·03) | 4·54 | (3·15, 5·46) |
| Valine | 3·20 | (0·40, 15·13) | 0·86 | (0·18, 2·14) | 5·22 | (3·89, 7·25) |
| Total Meat | 3·02 | (0·00, 23·87) |
| Red Meat | 1·23 | (0·00, 21·03) |
| Fish | 0·53 | (0·00, 16·30) |
| Poultry | 0·78 | (0·00, 12·19) |
| Processed Meat | 0·34 | (0·00, 10·86) |
| ANOVA was used to calculated the Means and range |