

Supplemental Table 1. Bone turnover and mineral metabolism markers and urinary protein excretion of healthy working-aged men that consumed diets that differed in the proportions of red meat and legumes for six weeks. The meat group consumed 760 g of boneless and cooked red and processed meat per week corresponding 25 % of the total protein intake. The legume group consumed legume-based products corresponding 20 % of the total protein intake and 200 g of red and processed meat per week corresponding 5% of total protein intake.

	Meat group n= 51 ^a	Legume group n=51 ^b	P
Serum BAP (U/L)			
Baseline	21.9 ± 6.2	22.4 ± 6.3	
Endpoint	22.3 ± 6.2	23.0 ± 6.7	0.875
Serum TRAP5b (U/L)			
Baseline	2.70 ± 0.82	3.12 ± 1.08	
Endpoint	2.68 ± 0.62	3.07 ± 0.99	0.950
Plasma parathyroid hormone (ng/L)			
Baseline	56.8 ± 19.5	49.1 ± 16.4	
Endpoint	64.0 ± 23.6*	59.7 ± 19.9*	0.320
Serum 25-hydroxyvitamin D (nmol/L)			
Baseline	55.2 ± 15.9	57.1 ± 17.4	
Endpoint	52.3 ± 16.0*	52.8 ± 14.9*	0.804
Serum calcium (mmol/L)			
Baseline	2.37 ± 0.09	2.37 ± 0.08	
Endpoint	2.39 ± 0.07	2.38 ± 0.08	0.813
Serum phosphorus (mmol/L)			
Baseline	1.10 ± 0.14	1.16 ± 0.14	
Endpoint	1.15 ± 0.17*	1.17 ± 0.16	0.564
Plasma fibroblast growth factor 23 (pg/mL)			
Baseline	48.6 ± 11.4	44.5 ± 13.4	
Endpoint	52.4 ± 12.6*	51.0 ± 16.6*	0.282
Urinary protein excretion (g/24 h)			
Baseline	101.7 ± 26.42	102.71 ± 26.65	
Endpoint	111.21 ± 35.67	104.11 ± 25.89	0.234

Values are means and SDs. P values were analyzed by ANCOVA, adjusted for baseline values. Changes from baseline to endpoint were tested by paired-samples t-test within each diet group *Indicates a difference from baseline at P < 0.05. ^a for urine samples endpoint n=49. ^b for urine samples endpoint n=50; ANCOVA n=49. BAP: bone-specific alkaline phosphatase; TRAP5b: tartrate-resistant acid phosphatase 5b.