

**Table S1.** Strength, functional capacity and lean mass quality values according to moments and groups, without multiple imputation data.

|                                           | NP         |            | HP         |            | Time             | <i>p-value</i> |       |              |        |
|-------------------------------------------|------------|------------|------------|------------|------------------|----------------|-------|--------------|--------|
|                                           | Pre        | Post       | Pre        | Post       |                  | ES (r)         | Group | Time x Group | ES (r) |
| <b>Strength</b>                           |            |            |            |            |                  |                |       |              |        |
| Bench press 1-RM, <i>kg</i>               | 31.2 ± 1.2 | 34.2 ± 1.8 | 32.5 ± 1.6 | 33.2 ± 2.0 | <b>0.045</b>     | 0.15           | 0.939 | 0.189        | -      |
| Leg extension 1-RM, <i>kg</i>             | 65.8 ± 2.8 | 75.0 ± 5.2 | 70.5 ± 3.5 | 77.2 ± 4.0 | <b>0.001</b>     | 0.12           | 0.476 | 0.557        | -      |
| Right HGS, <i>kg</i>                      | 25.5 ± 1.0 | 28.0 ± 1.3 | 26.7 ± 1.0 | 29.3 ± 1.3 | <b>&lt;0.001</b> | 0.10           | 0.395 | 0.998        | -      |
| Left HGS, <i>kg</i>                       | 23.7 ± 0.9 | 25.5 ± 1.4 | 23.7 ± 1.2 | 27.3 ± 1.3 | <b>&lt;0.001</b> | 0.09           | 0.605 | 0.206        | -      |
| <b>Functional Capacity</b>                |            |            |            |            |                  |                |       |              |        |
| Balance test – SPPB, <i>score</i>         | 3.7 ± 0.14 | 3.9 ± 0.08 | 3.5 ± 0.20 | 4.0 ± 0.13 | <b>0.005</b>     | 0.13           | 0.692 | 0.160        | -      |
| 4-meter walk test – SPPB, <i>s</i>        | 3.4 ± 0.12 | 3.4 ± 0.18 | 3.3 ± 0.13 | 3.0 ± 0.20 | 0.114            | 0.22           | 0.308 | 0.115        | -      |
| 5-time-sit-to-stand test – SPPB, <i>s</i> | 10.9 ± 0.5 | 11.0 ± 0.6 | 9.9 ± 0.5  | 9.9 ± 0.8  | 0.971            | -              | 0.146 | 0.889        | -      |
| Total SPPB, <i>score</i>                  | 11.1 ± 0.2 | 11.1 ± 0.2 | 11.0 ± 0.3 | 11.5 ± 0.2 | 0.208            | -              | 0.594 | 0.332        | -      |
| 6-minute walk test, <i>m/s</i>            | 1.7 ± 0.06 | 1.7 ± 0.06 | 1.6 ± 0.04 | 1.8 ± 0.04 | <b>0.008</b>     | 0.14           | 0.676 | <b>0.042</b> | 0.15   |
| 400-meter walk test, <i>m/s</i>           | 1.7 ± 0.06 | 1.7 ± 0.06 | 1.7 ± 0.04 | 1.8 ± 0.07 | 0.289            | -              | 0.653 | <b>0.048</b> | 0.19   |
| 10-meter walk test, <i>m/s</i>            | 1.3 ± 0.04 | 1.3 ± 0.04 | 1.3 ± 0.04 | 1.3 ± 0.04 | 0.272            | -              | 0.940 | 0.256        | -      |
| Timed Up and Go test, <i>s</i>            | 8.0 ± 0.4  | 7.8 ± 0.5  | 7.3 ± 0.2  | 7.0 ± 0.2  | 0.178            | -              | 0.087 | 0.639        | -      |
| <b>Lean mass quality</b>                  |            |            |            |            |                  |                |       |              |        |
| Bench press 1-RM / Arms+trunk LM          | 1.5 ± 0.06 | 1.5 ± 0.08 | 1.5 ± 0.06 | 1.5 ± 0.08 | 0.726            | -              | 0.946 | 0.672        | -      |
| Leg extension 1-RM / Leg LM               | 5.4 ± 0.22 | 5.9 ± 0.32 | 5.8 ± 0.30 | 6.4 ± 0.51 | <b>0.022</b>     | 0.13           | 0.300 | 0.700        | -      |

Notes: NP, RDA group; HP, higher protein group; RM, one maximum repetition; HGS, handgrip strength; SPPB, short physical performance battery; LM, lean mass. Generalized Estimating Equations analysis (GEE) was used for to compare groups and moments with Sequential Sidak post hoc. All data described in mean±SE.