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Supplementary Data

Supplemental Table 1. Scoring criteria utilized for total daily intake and nutrients positively associated with skeletal muscle structure and function¹.

Nutritional Variables		Participant Scoring							
		Points	Participants	Points	Participants	Points	Participants	Points	Participants
Daily Intake Score									
Protein Intake	≥1.2 g/day	2	25/50	0.8-<1.2 g/day	1	23/50	<0.8 g/day	0	2/50
Carbohydrate Intake	Within 45-65% DI	2	28/50	Below/Above 45-65% DI	0	22/50			
Metabolic Score	10% within CDI	2	20/50	±10-20% outside CDI	0	20/50	>20% outside CDI	-1	10/50
Fat	Within +5% of 35% DI	2	31/50	Outside ±5% of 35% DI	1	19/50			
Saturated Fat	<11% of DI	1	49/50	≥11% of DI	-2	1/50			
Trans Fat	<2% of DI	1	50/50	≥2% of DI	-2	0/50			
Polyunsaturated Fat	Within ±10% 19-64yrs M=18g F=14g 65+yrs M=17g F=14g	1	9/50	Between ±10-20%	-1	11/50	> ±20%	-2	30/50
Monounsaturated Fat	Within ±10% 19-64yrs M=36g F=29g 65+yrs M=34g F=28g	1	8/50	Between ±10-20%	-1	12/50	> ±20%	-2	30/50
Free Sugars	19-64yrs M=<33g F=<27g 65+yrs M=<31g F=<26g	1	12/50	19-64yrs M=>33g F=>27g 65+yrs M=>31g F=>26g	-2	38/50			
Omega-3 Fatty Acid	≥1.6 g/day	2	16/50	<1.6 g/day	0	34/50			
Omega-6 Fatty Acid	≥10 g/day	2	5/50	<10 g/day	0	45/50			
Vitamin D	≥10 µg/day	2	4/50	<10 µg/day	0	46/50			
Vitamin E	≥3 mg/day	1	50/50	<3 mg/day	0	0/50			
Vitamin C	≥40 µg/day	1	47/50	<40 µg/day	0	3/50			
Vitamin B-12	≥1.5 µg/day	1	50/50	<1.5 µg/day	0	0/50			
Fibre	≥30 g/day	1		<30 g/day	0				
Calcium	≥700 mg/day	1		<700 mg/day	0				
Zinc	M = ≥9.5 mg/day F = ≥7 mg/day	1	42/50	M = <9.5 mg/day F = <7 mg/day	0	8/50			
Iron	≥8.7 mg/day	1	45/50	<8.7 mg/day	0	5/50			
Sodium	<2.4 g/day	1	39/50	≥2.4 g/day	-1	11/50			
Pro-Anabolic Nutrients									
Protein Intake	≥1.2 g/day	2	25/50	0.8-<1.2 g/day	1	23/50	<0.8 g/day	0	2/50
Omega 3 Fatty Acid	≥1.6 g/day	2	16/50	<1.6 g/day	0	34/50			
Omega 6 Fatty Acid	≥10 g/day	2	5/50	<10 g/day	0	45/50			
Vitamin D	≥10 µg/day	2	4/50	<10 µg/day	0	46/50			
Vitamin E	≥3 mg/day	1	50/50	<3 mg/day	0	0/50			

1. Dietary reference values are composed from both UK and US guidelines (43-45). Abbreviations:

CDI, corrected daily intake; DI, daily intake; F, female; M, male.