
Supplementary Materials**Table S1.** Differences in dietary intake between young and older adults

	Young	Older	Young	Older
	Per kg WBLM	Per kg WBLM	Per kg BW	Per kg BW
Protein (g)	1.46 ± 0.15	1.76 ± 0.10	1.21 ± 0.10	1.13 ± 0.06
Fat (g)	1.37 ± 0.15	1.30 ± 0.11	1.14 ± 0.10	0.83 ± 0.06*
Carbohydrate (g)	3.71 ± 0.43	4.08 ± 0.29	3.04 ± 0.22	2.62 ± 0.17
Leucine (mg)	40.84 ± 8.09	36.77 ± 4.90	33.33 ± 5.30	23.57 ± 11.89

Abbreviations: WBLM, whole-body lean mass; BW, body weight. N = 11 young and N = 16 older adults. * represents a statistically significant difference compared to younger adults ($P < .05$). All data presented as mean ± SEM.