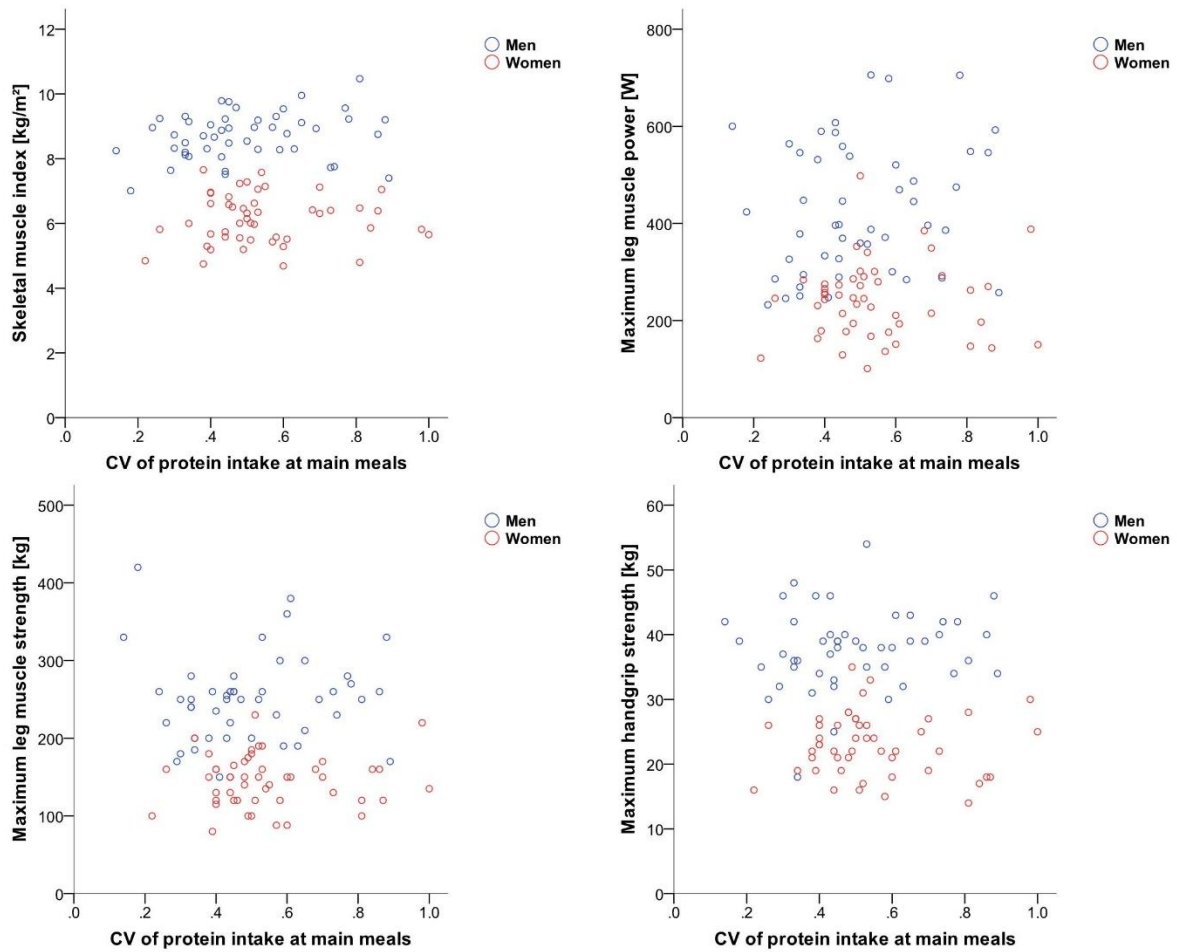
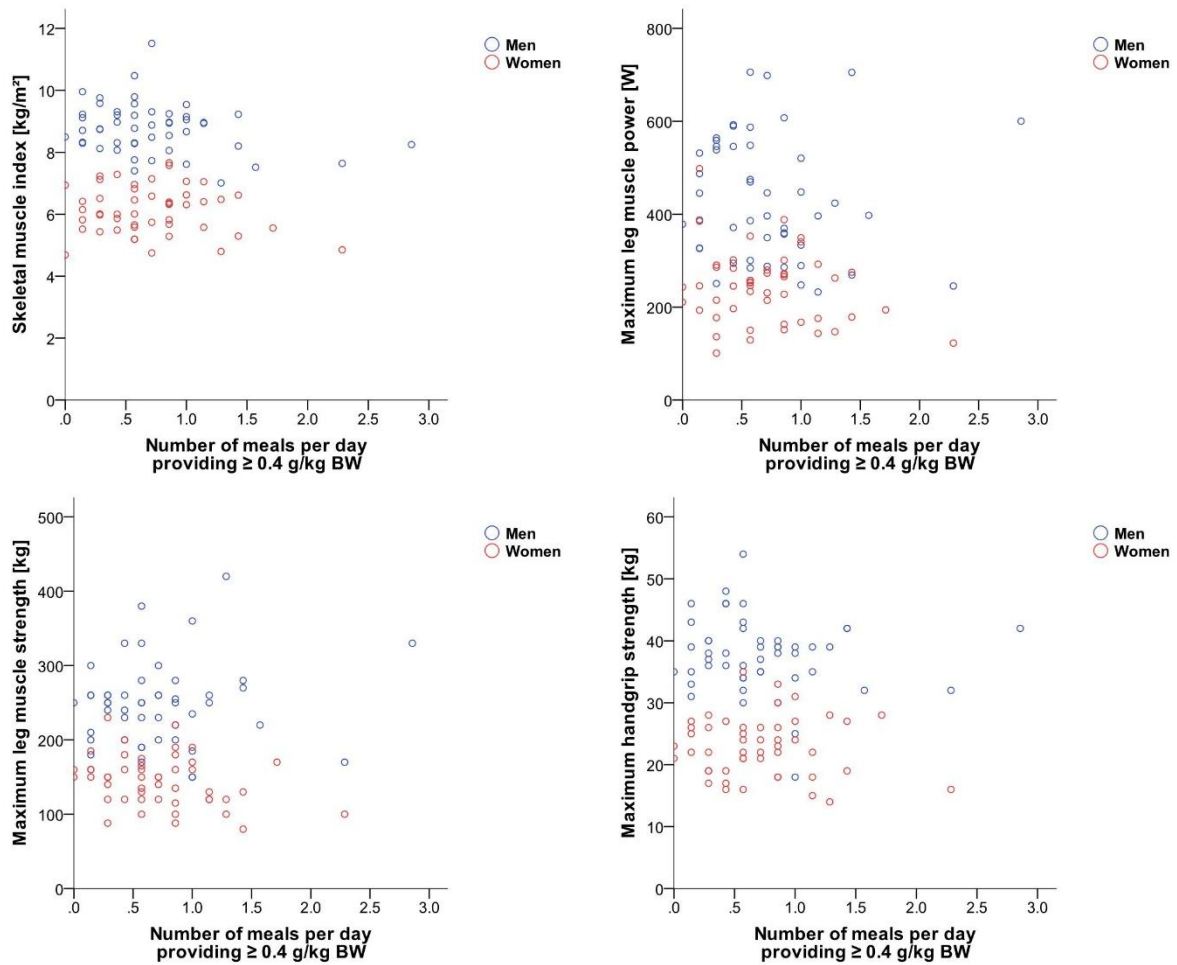


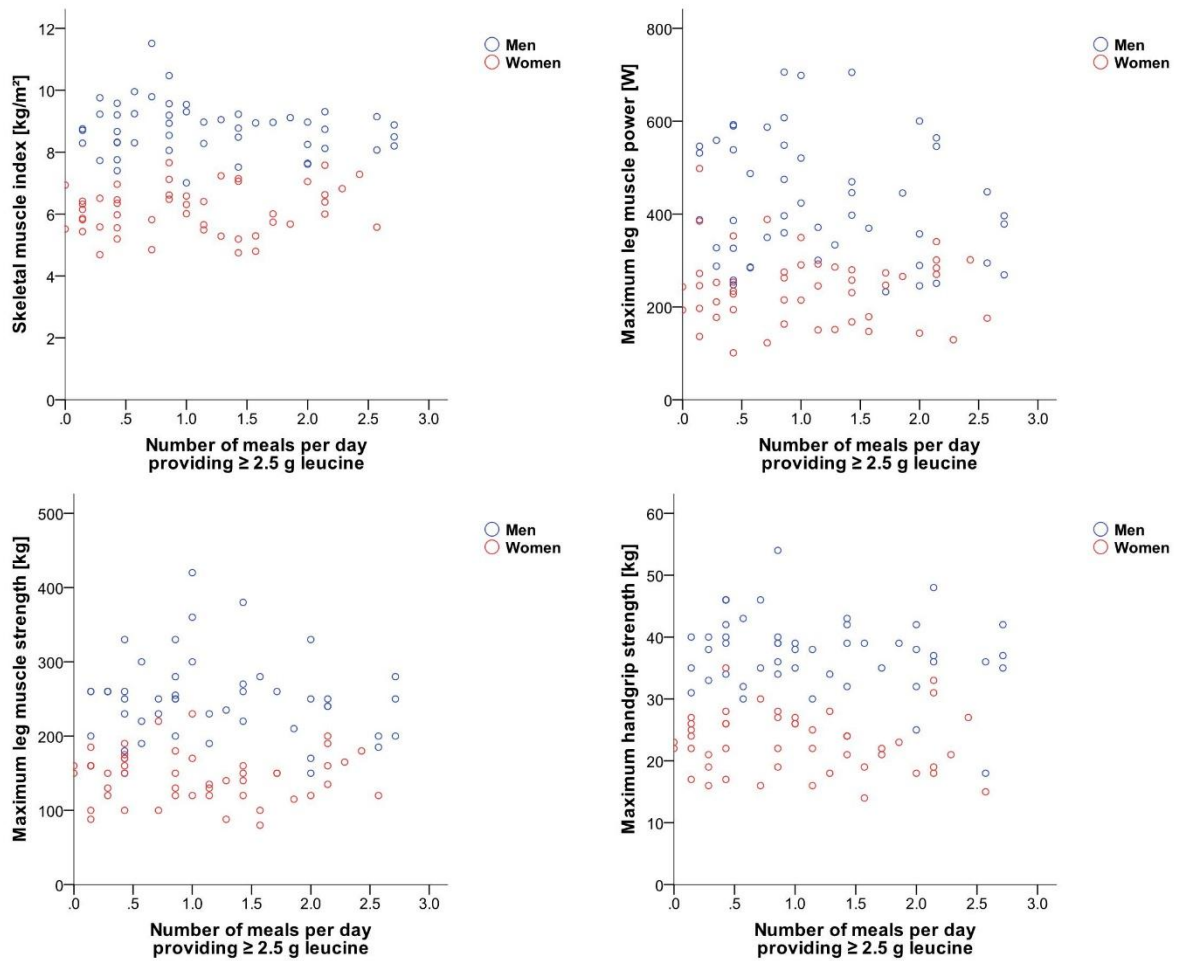
**Supplementary figure S1:** Scatterplots of association of mean daily intake of protein per kg body weight (BW) and muscle mass, leg muscle power, leg muscle strength and handgrip strength in healthy community-dwelling older men ( $n = 49$ ) and women ( $n = 48$ ).



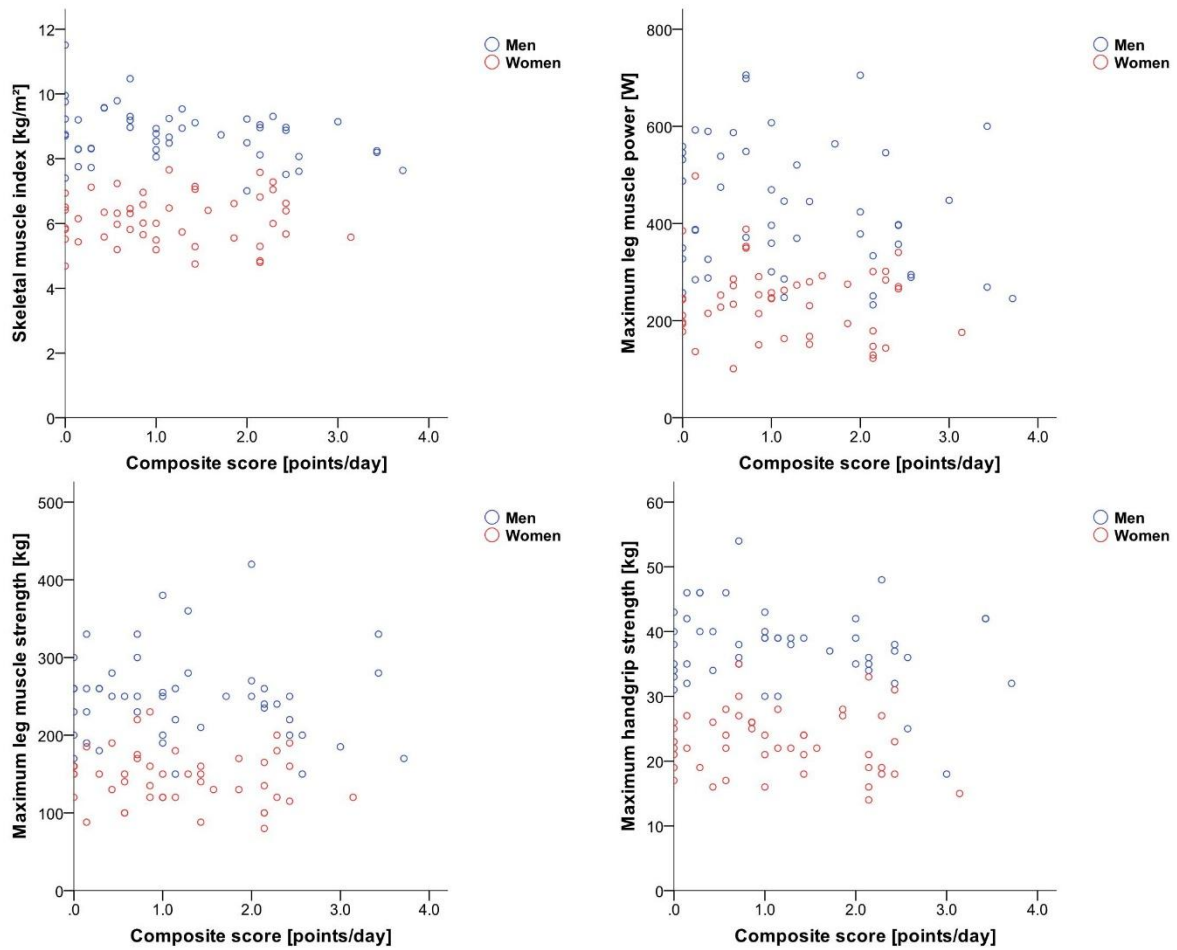
**Supplementary figure S2:** Scatterplots of association of the mean coefficient of variance of protein across main meals and muscle mass, leg muscle power, leg muscle strength and handgrip strength in healthy community-dwelling older men (n = 49) and women (n = 48).



**Supplementary figure S3:** Scatterplots of association of mean number of meals providing at least 0.4 g protein/kg body weight (BW) and muscle mass, leg muscle power, leg muscle strength and handgrip strength in healthy community-dwelling older men (n = 49) and women (n = 48).



**Supplementary figure S4:** Scatterplots of association mean number of meals providing at least 2.5 g leucine and muscle mass, leg muscle power, leg muscle strength and handgrip strength in healthy community-dwelling older men ( $n = 49$ ) and women ( $n = 48$ ).



**Supplementary figure S5:** Scatterplots of association of mean composite score representing protein intake pattern and muscle mass, leg muscle power, leg muscle strength and handgrip strength in healthy community-dwelling older men (n = 49) and women (n = 48).