

Supplementary Table S1: Dietary intake before and at the end (week 11) of 12 weeks of resistance exercise training.

	OLDER 65-75 (n=17)		OLDER 85+ (n=12)		P-value		
	Before	week-11	Before	week-11	Time	Time x Group	Group
Energy (kcal/d)	1730 ± 503	1609 ± 840	1713 ± 511	1695 ± 522	0.428	0.559	0.878
Protein (g·d ⁻¹)	76.9 ± 24.0	73.7 ± 32.7	75.3 ± 22.4	79.0 ± 22.7	0.939	0.325	0.846
Protein (g·kg BW ⁻¹ ·d ⁻¹)	1.1 ± 0.4	1.1 ± 0.5	1.2 ± 0.4	1.3 ± 0.4	0.588	0.300	0.363
Carbohydrates (g·kg BW ⁻¹ ·d ⁻¹)	3.3 ± 1.1	3.0 ± 1.5	3.8 ± 1.0	3.6 ± 0.9	0.236	0.771	0.193
Fat (g·kg BW ⁻¹ ·d ⁻¹)	0.9 ± 0.5	0.8 ± 0.5	0.9 ± 0.4	0.8 ± 0.3	0.469	0.964	0.985
Fibers (g·kg BW ⁻¹ ·d ⁻¹)	0.3 ± 0.2	0.3 ± 0.1	0.2 ± 0.1	0.3 ± 0.2	0.731	0.731	0.509
% Protein	19 ± 3	19 ± 3	18 ± 3	20 ± 6	0.091	0.142	0.914
% Carbohydrate	52 ± 7	50 ± 7	55 ± 4	53 ± 5	0.202	0.978	0.163
% Fat	29 ± 6	31 ± 7	28 ± 4	28 ± 7	0.488	0.360	0.166

Data are means±SD. BW: body weight; Data were analyzed using repeated measures ANOVA (time x group).