

**Supplementary Table S1.** Total, animal, plant, and mixed protein intakes by age and cohort from the Nutritional Study in Spanish Pediatric Population (EsNuPI), according to age group and sex ( $n = 1448$ ).

Spanish Reference Cohort (SRS)												
Protein (g/d)	Total			1 to <3 years			3 to <6 years			6 to <10 years		
	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
<b>Protein (g/d)</b>	707	357	350	162	84	78	244	122	122	301	151	150
<b>Total</b>	60.89	64.42	60.35	47.61	48.24	47.03	61.67	64.73	58.88	67.04	69.72	65.22
<b>Animal</b>	40.75	42.42	39.34	33.71	33.79	33.52	40.57	42.97	39.54	43.71	44.68	42.00
<b>Plant</b>	14.77	14.85	14.71	10.65	11.81	10.96	14.25	14.40	14.14	16.97	18.07	16.36
<b>Mixed †</b>	2.10	2.10	2.24	0.87	0.58	0.98	2.35	2.12	2.38	3.09	3.10	3.08
<b>Animal: Plant ratio</b>	2.78	2.80	2.74	2.92	2.90	2.94	2.89	2.87	2.89	2.59	2.61	2.55
<b>Total Protein (g/kg) §</b>	3.07	3.12	3.04	4.02	3.92	4.23	3.49	3.45	3.52	2.42	2.53	2.35
Adapted Milk Consumers Cohort (AMS)												
Protein (g/d)	Total			1 to <3 years			3 to <6 years			6 to <10 years		
	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
<b>Protein (g/d)</b>	741	371	370	294	144	150	262	128	134	185	99	86
<b>Total</b>	53.43	54.40*	54.75*	43.42	42.31*	44.28	57.35	55.65*	58.63	64.44	65.95	62.81
<b>Animal</b>	36.05	35.76*	36.24*	30.41	29.40*	31.53	38.38	37.15*	40.24	41.42	41.53	40.96
<b>Plant</b>	12.46	12.11*	12.86*	9.72	9.16	10.22	13.55	13.88	13.10	15.51	15.32	15.52
<b>Mixed †</b>	1.83	1.95	1.75*	0.70	0.67	0.92	2.10	2.39	1.95	4.54	4.31	4.71
<b>Animal: Plant ratio</b>	2.79	2.80	2.75*	2.94	3.12	2.83	2.70	2.67	2.72	2.67	2.67	2.65
<b>Total Protein (g/kg) §</b>	3.26	3.18	3.43*	3.63	3.53	3.75	3.52	3.40	3.62	2.41	2.43	2.35

Data presented in grams as the average intake values from two 24-h DR. † Mixed protein from the following sources: bakery and pastry, chocolate, ready to cook/eat, appetizers and sauces. § Mean weight of SRS cohort was 20.8 kg and in the AMS cohort was 17.4 kg. Results are expressed as median. Mann–Whitney U-test was performed to analyze differences by total and sex between SRS and AMS (significant differences are indicated using an asterisk (\*) symbol following median values in the AMS cohort).  $p$ -value <0.05 was considered statistically significant.

**Supplementary Table S2.** Total protein intake based on two 24-h dietary recalls from plausible reporters of the Nutritional Study in Spanish Pediatric Population (EsNuPI), according to age group and cohort ( $n = 1216$ ).

Spanish Reference Cohort (SRS)																	
Protein (g/d)	Total <i>n</i> = 598				1 to <3 years <i>n</i> = 120				3 to <6 years <i>n</i> = 211				6 to <10 years <i>n</i> = 267				
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	<i>p</i>
Total	61.72	17.06	61.32	22.48	46.20	14.43	45.37 <sup>a</sup>	16.88	62.01	14.16	60.81 <sup>b</sup>	17.84	68.53	15.69	67.87 <sup>c</sup>	21.55	<0.001
Animal	41.39	13.67	40.77	17.49	32.21	11.78	32.60 <sup>a</sup>	17.91	41.91	12.68	41.03 <sup>b</sup>	16.48	45.10	13.35	44.12 <sup>c</sup>	18.32	<0.001
Plant	15.71	6.85	15.01	9.69	11.36	6.23	10.09 <sup>a</sup>	9.05	15.32	6.14	14.29 <sup>b</sup>	9.14	17.98	6.66	17.56 <sup>c</sup>	9.03	<0.001
Mixed ‡	4.18	4.83	2.12	5.97	2.13	3.56	0.87 <sup>a</sup>	2.36	4.27	4.73	2.35 <sup>b</sup>	5.71	5.03	5.14	3.15 <sup>b</sup>	7.05	<0.001
Animal: Plant ratio	3.18	2.15	2.71	1.91	3.76	3.51	2.90	2.49	3.23	1.83	2.90	1.91	2.88	1.40	2.56	1.78	0.048
Total Protein (g/kg) §	3.16	1.04	3.05	1.41	3.83	1.04	3.90 <sup>a</sup>	1.28	3.58	0.95	3.48 <sup>b</sup>	1.20	2.53	0.69	2.48 <sup>b</sup>	0.94	<0.001
Adapted Milk Consumers Cohort (AMS)																	
Protein (g/d)	Total <i>n</i> = 618				1 to <3 years <i>n</i> = 236				3 to <6 years <i>n</i> = 224				6 to <10 years <i>n</i> = 158				
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	<i>p</i>
Total	54.10	16.52	52.81*	23.07	42.82	12.29	42.58 <sup>a</sup>	16.80	57.47	13.32	57.01 <sup>ab</sup>	19.99	66.18	15.50	66.22 <sup>c</sup>	21.01	<0.001
Animal	3.30	1.02	3.22*	1.36	3.62	1.04	3.54 <sup>a</sup>	1.42	3.48	0.89	3.44 <sup>a</sup>	1.29	2.58	0.76	2.49 <sup>b</sup>	1.05	<0.001
Plant	36.82	13.19	35.82*	17.63	30.54	10.97	29.31 <sup>a</sup>	15.79	39.00	11.68	37.82 <sup>ab</sup>	18.01	43.12	14.29	42.41 <sup>c</sup>	18.77	<0.001
Mixed ‡	13.19	5.67	12.30*	4.76	10.23	4.39	9.20 <sup>a</sup>	5.42	14.19	5.53	12.93 <sup>b</sup>	7.12	16.19	5.49	15.54 <sup>ac</sup>	7.76	<0.001
Animal: Plant ratio	3.68	4.97	1.87*	4.76	1.67	2.87	0.70 <sup>a</sup>	1.97	3.83	4.83	2.10 <sup>b</sup>	4.24	6.46	6.14	4.71 <sup>ac</sup>	8.26	<0.001
Total Protein (g/kg) §	3.25	1.87	2.79	1.91	3.47	1.92	2.94	2.32	3.22	2.05	2.72	1.89	2.98	1.47	2.65	1.81	0.043

Data presented in grams as the average intake values from two 24-h DR, and expressed as mean, standard deviation (SD), median, and interquartile range (IQR). ‡ Mixed protein from the following sources: bakery and pastry, chocolate, ready to cook/eat, appetizers and sauces. § Mean weight of SRS cohort was 20.8 kg and in the AMS cohort was 17.4 kg. Mann–Whitney U-test was performed to analyze differences by age group and between SRS and AMS (significant differences are indicated using an asterisk (\*) symbol following median values in the AMS cohort). Differences among age groups within cohorts were established using the Kruskal–Wallis test (differences with statistical significance are identified using superscript letters following the median values of each age group). *p*-values for this test are included in the last column. *p*-value <0.05 was considered statistically significant.

**Supplementary Table S3.** Percentage of contribution of total protein, animal and plant protein intakes to the total energy intake based on two 24-h DR from plausible reporters of two cohorts of Nutritional Study in Spanish Pediatric Population (EsNuPI), according to age group ( $n = 1216$ ).

Spanish Reference Cohort (SRS)																		
Contribution (%) total protein	Total <i>n</i> = 598				1 to <3 years <i>n</i> = 120				3 to <6 years <i>n</i> = 211				6 to <10 years <i>n</i> = 267					<i>p</i>
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Media n	IQR		
Total (% EI)	16.78	2.62	16.62	3.27	16.00	3.04	16.09 <sup>a</sup>	4.13	16.97	2.43	16.90 <sup>b</sup>	3.23	16.98	2.51	16.79 <sup>b</sup>	3.05	0.013	
Animal	67.43	11.41	68.59	15.20	70.47	13.16	72.53 <sup>a</sup>	14.47	67.69	10.84	68.45 <sup>b</sup>	14.66	65.85	10.73	67.38 <sup>b</sup>	15.09	<0.001	
Plant	25.83	9.81	24.92	12.06	25.13	11.97	24.21	14.43	25.23	9.24	22.98	12.06	26.63	9.13	25.97	11.18	0.089	
Mixed †	6.74	7.69	3.66	9.03	4.39	7.02	1.64 <sup>a</sup>	6.01	7.08	7.82	4.09 <sup>b</sup>	9.23	7.52	7.69	4.72 <sup>b</sup>	10.03	<0.001	
Adapted Milk Consumer Cohort (AMS)																		
Contribution (%) total protein	Total <i>n</i> = 618				1 to <3 years <i>n</i> = 236				3 to <6 years <i>n</i> = 224				6 to <10 years <i>n</i> = 158					<i>p</i>
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Media n	IQR		
Total (% EI)	15.62	2.48	15.55*	3.10	14.89	2.50	14.78* <sup>a</sup>	2.99	15.90	2.38	15.77* <sup>b</sup>	2.89	16.33	2.31	16.10* <sup>b</sup>	3.02	<0.001	
Animal	68.43	11.46	69.66	15.82	71.28	11.41	72.55 <sup>a</sup>	14.71	68.02	10.81	68.43 <sup>b</sup>	14.87	64.74	11.38	65.75 <sup>c</sup>	14.57	<0.001	
Plant	25.02	8.93	24.39	11.76	24.77	9.68	24.17	12.07	25.31	8.98	24.39	12.56	24.99	7.67	24.69	11.06	0.554	
Mixed †	6.55	8.22	3.59	8.64	3.94	6.28	1.81 <sup>a</sup>	4.81	6.66	8.05	3.86 <sup>b</sup>	7.45	10.27	9.49	7.41* <sup>c</sup>	13.33	<0.001	

DR: Dietary Recall; EI: energy intake. Results are expressed as mean, standard deviation (SD), median, and interquartile range (IQR), percentage of contribution to the total energy intake. † Mixed protein from the following sources: bakery and pastry, chocolate, ready to cook/eat, appetizers and sauces. Mann–Whitney U-test was performed to test differences by total and age group between SRS and AMS (differences are identified with an asterisk (\*) following the median values of the AMS cohort). Differences among age groups within cohorts were established using the Kruskal–Wallis test (differences with statistical significance are identified using superscript letters following the median values of each age group). *p*-values for this test are included in the last column. *p*-value < 0.05 was considered statistically significant.