



**Figure S1.** Protein consumption by meal times (g protein/kg BW). Per meal consumption of protein per kg of body weight was: breakfast  $0.14 \pm 0.1$ , lunch  $0.28 \pm 0.3$ , dinner  $0.39 \pm 0.3$ , and other  $0.02 \pm 0.1$ . Protein consumption at breakfast, lunch, and other were significantly different ( $p < 0.0001$ ) than the 0.4g/kg threshold, while dinner was not significantly different ( $p = .736$ ). Only 3.3% of participants met the threshold at breakfast, 22.8% at lunch, and 42.4% at dinner. One participant (1.1%) met the 0.4 g/kg threshold for three meals, 13 (14.3%) met the threshold for two meals, 51 (55.4%) met it for at least one meal, and 41 (44.6%) of the participants did not meet the threshold at any meal.

**Table S1.** Protein consumption meeting per meal recommendation (g/kg BW) by meal time.

Meal	Met per meal recommendation $\geq 0.4\text{g/kg}$ ; n(%)
Breakfast	3 (3.3%)
Lunch	21 (22.8%)
Dinner	39 (42.4%)
Other	2 (2.2%)

Notes: g, grams kg, kilograms.

**Table S2.** Average protein consumption to weight comparison of current recommendations (g/kg).

Recommendations (Protein g/kg BW)	Average consumption	Range	Met recommendations, n(%)	p-value
Current RDA (0.8 g/kg) [13]	$0.83 \pm 0.4$	0.10 – 2.78	39 (43.4%)	0.460
Proposed standard (1.2 g/kg)[16]	$0.83 \pm 0.4$	0.10 – 2.78	16 (17.4%)	<b>&lt;0.0001</b>

Notes: p-value <0.05 indicates statistical significance across groups. RDA, recommended daily allowance; BW, body weight; kg, kilograms.