**Supplementary DATA**

**Metabolic implications of diet and energy intake during physical inactivity**

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| Supplementary Table 1. Dietary characteristics of breakfast, lunch, dinner, and snacks |
|  | **Control diet** | **Higher-protein diet** |
| Breakfast |
| Energy (kcal) | 399.8 ± 0.4 | 400.0 ± 0.3 |
| Protein (g) |  16.1 ± 0.1 |  30.1 ± 0.1\* |
| CHO (g) |  64.1 ± 0.2 |  50.5 ± 0.2\* |
| Fat (g) |  8.6 ± 0.2 |  8.6 ± 0.2 |
| Lunch |
| Energy (kcal) | 498.7 ± 1.8 |  501 ± 1.2 |
| Protein (g) |  20.5 ± 0.1 | 37.4 ± 0.1\* |
| CHO (g) |  80.3 ± 0.2 | 62.6 ± 0.2\* |
| Fat (g) |  10.9 ± 0.1 | 10.4 ± 0.2 |
| Dinner |
| Energy(kcal) | 497.7 ± 1.8 | 499.0 ± 1.6 |
| Protein (g) |  20.4 ± 0.1 |  37.4 ± 0.3\* |
| CHO (g) |  79.9 ± 0.4 |  62.6 ± 0.4\* |
| Fat (g) |  10.8 ± 0.2 |  10.3 ± 0.3 |
| Snacks |
| Energy(kcal) | 200.2 ± 0.4 | 202.9 ± 1.7 |
| Protein (g) |  8.0 ± 0.1 |  14.8 ± 0.1\* |
| CHO (g) |  32.9 ± 0.5 |  24.1 ± 0.3\* |
| Fat (g) |  4.2 ± 0.2 |  4.9 ± 0.3 |
| CHO; carbohydrate; \**P*<0.05 vs Control diet; #*P*=0.052 vs Control dietAll values are mean ± SEM.  |