

Supplementary Material

Table. Weekly protein product intake – poultry, fish, beef, pork – by older women volunteering in exercise (PE, n = 21) and non-exercise groups (NPE, n = 23) previous to a 30-day L-glutamine supplementation clinical study. Data were reported based on nutritional questionnaires applied weekly, and scores represent the number of meals including that product per week.

Frequency (times/week)	D ^a				E ^b	N ^c
	1-2×	3-4×	5-6×	+6×		
PE (n = 21)						
Poultry	6	7	3	4	1	-
Fish	3	8	2	2	5	1
Beef	6	5	2	3	4	1
Pork	3	4	4	3	6	1
NPE (n = 23)						
Poultry	6	7	5	4	1	-
Fish	3	8	1	2	7	2
Beef	6	8	3	2	3	1
Pork	1	7	4	1	7	3

^a D = daily intake; ^b E = eventually; ^c N = never.