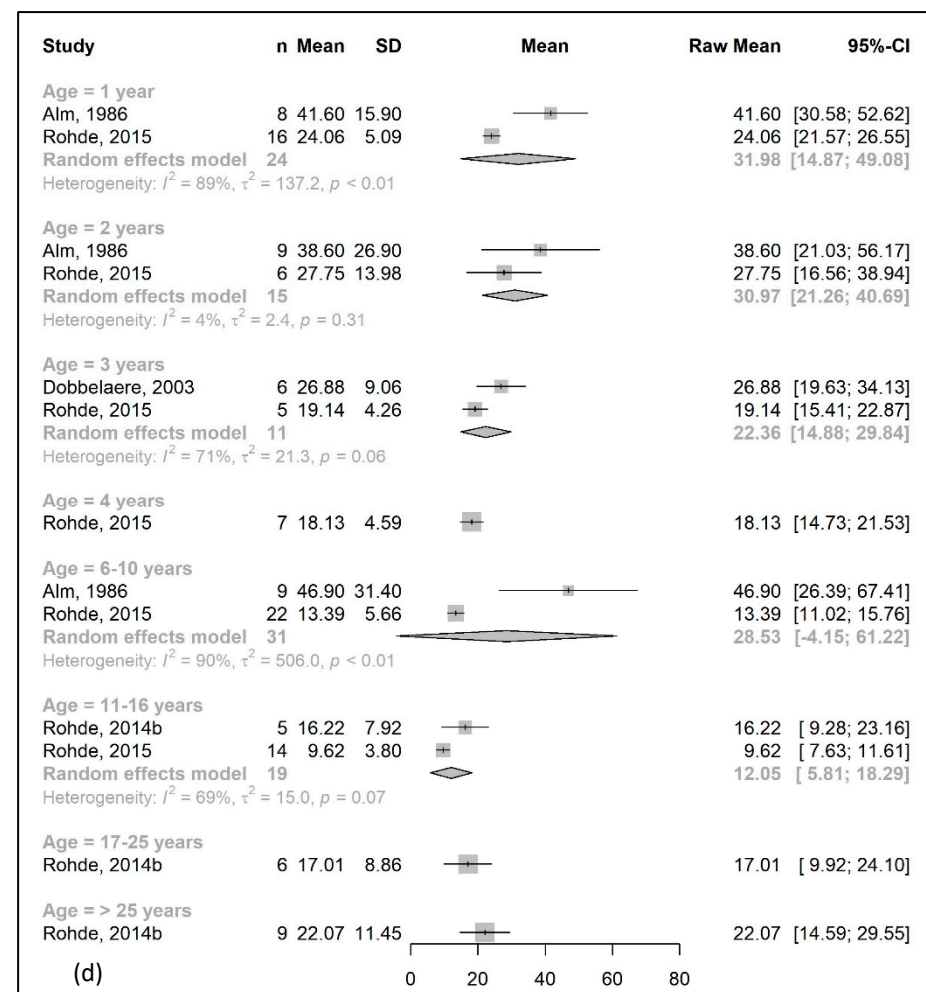
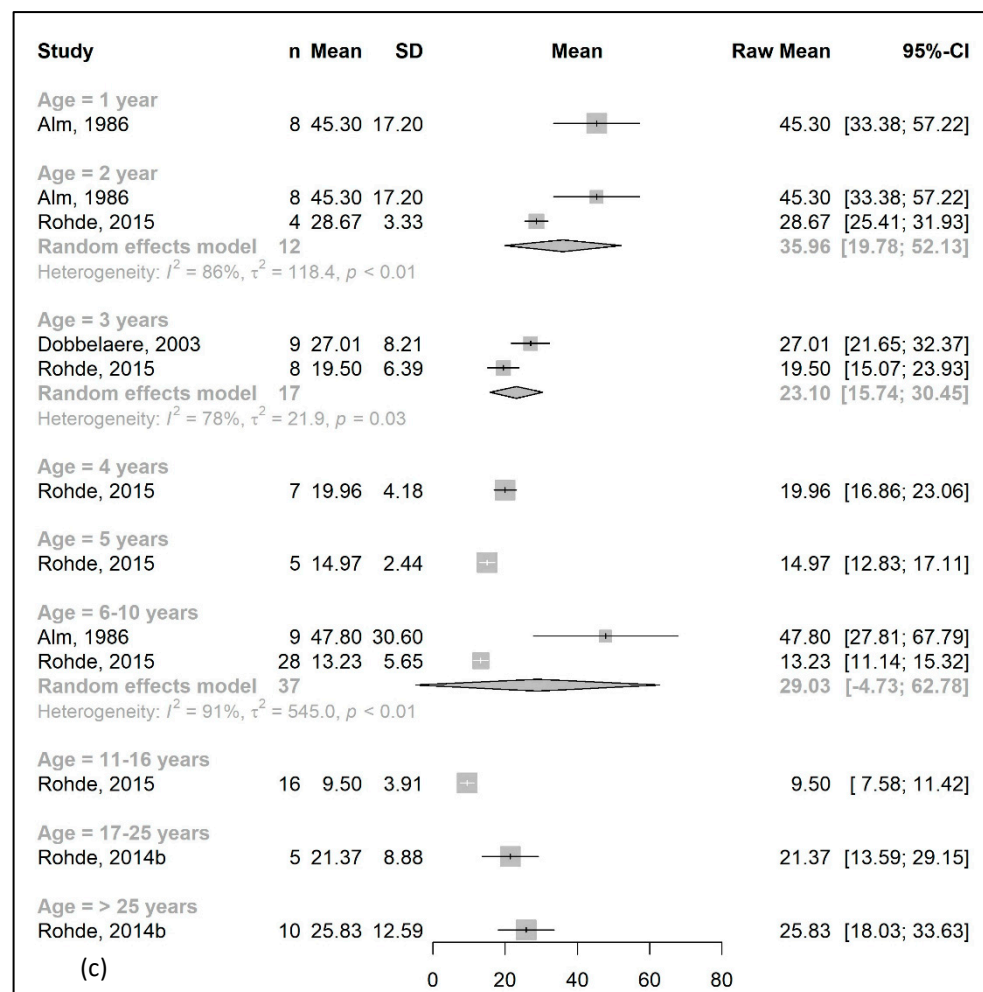
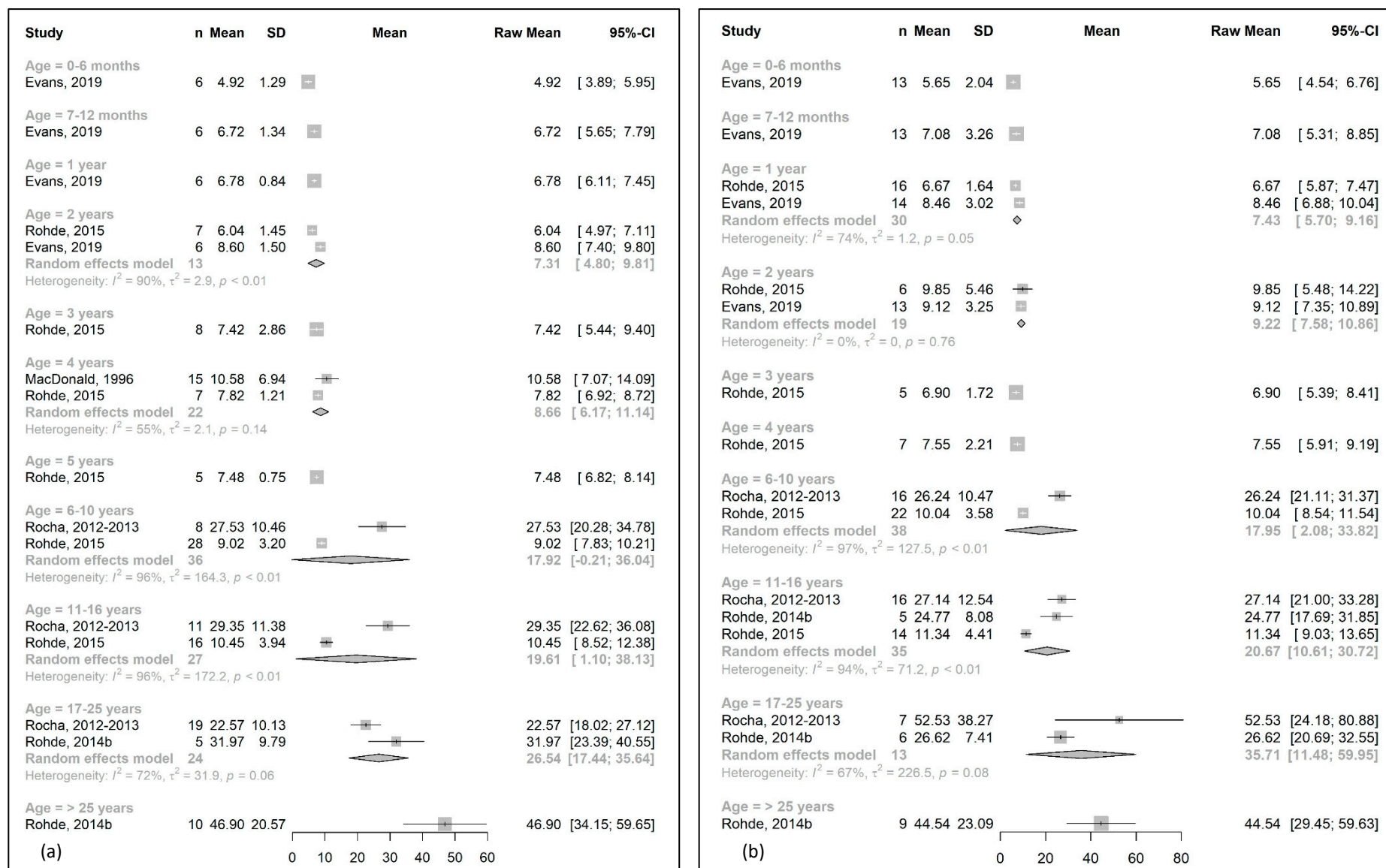


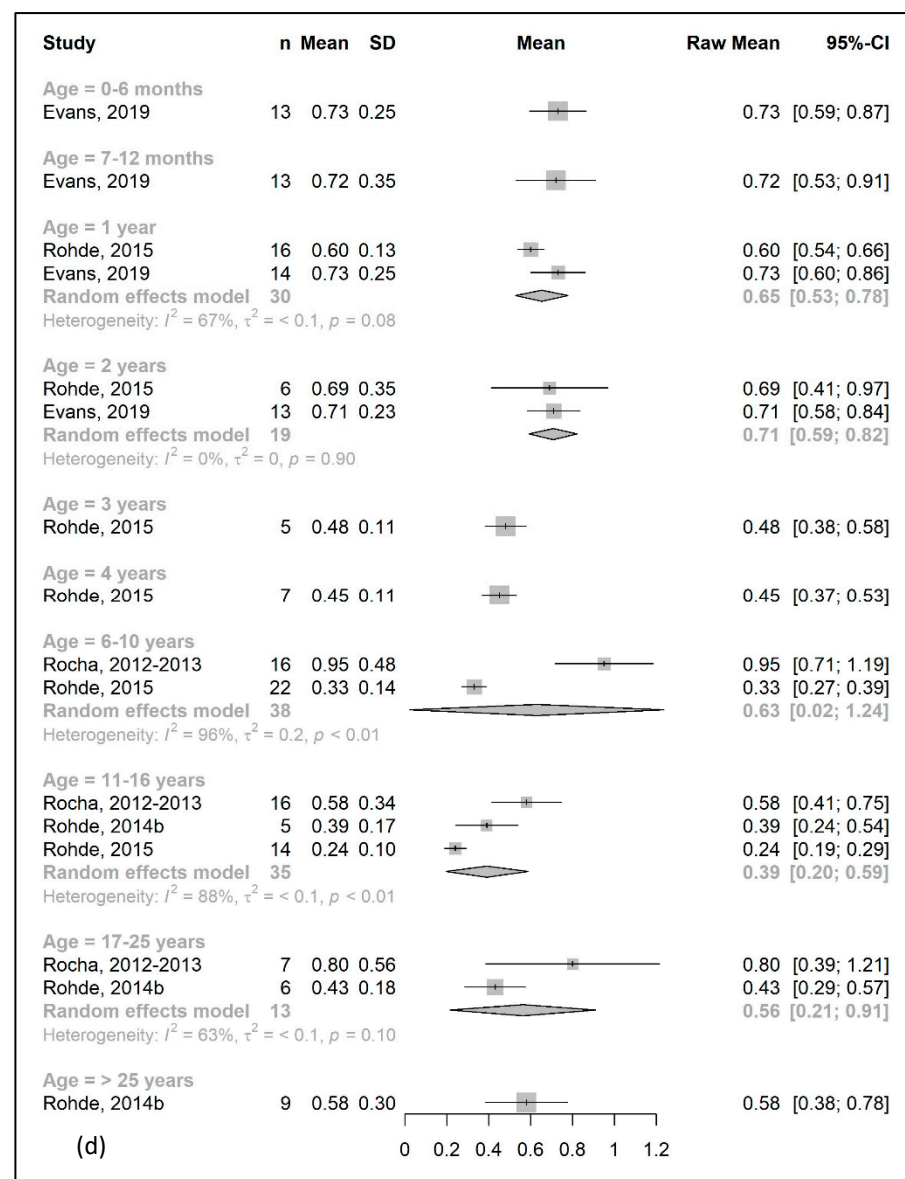
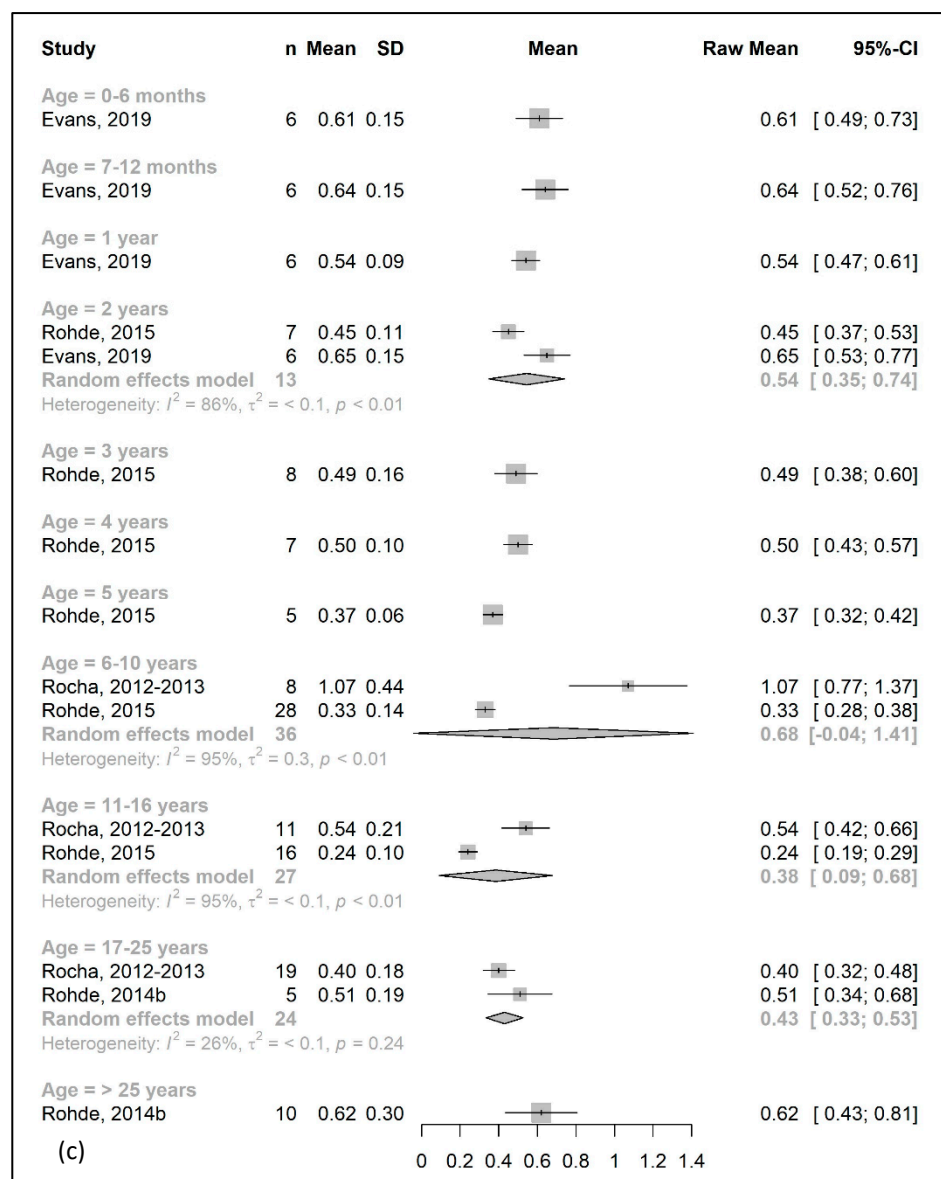
Supplementary Figure S1. Phenylalanine intakes (mg/day) of female (a) and male (b) participants in the included studies.



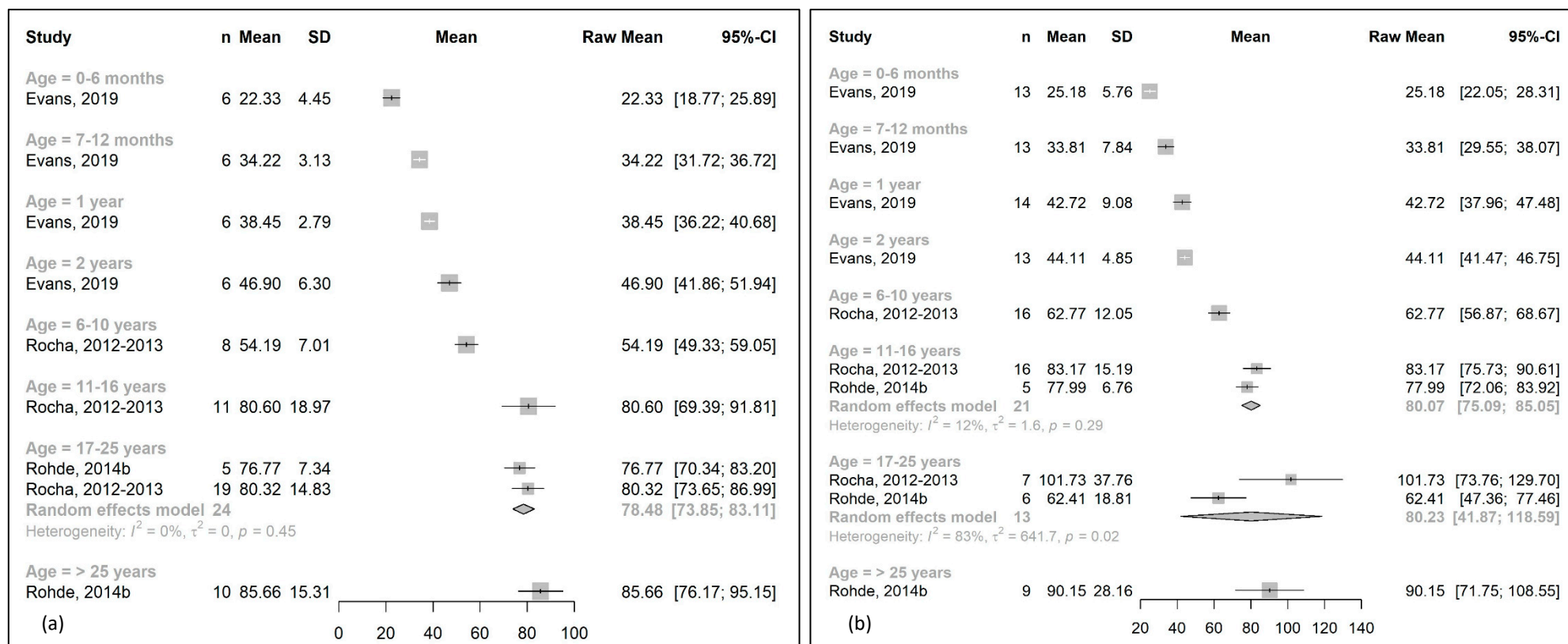
Supplementary Figure S1. Phenylalanine intakes per kg body weight (mg/kg/day) of female (c) and male (d) participants in the included studies.



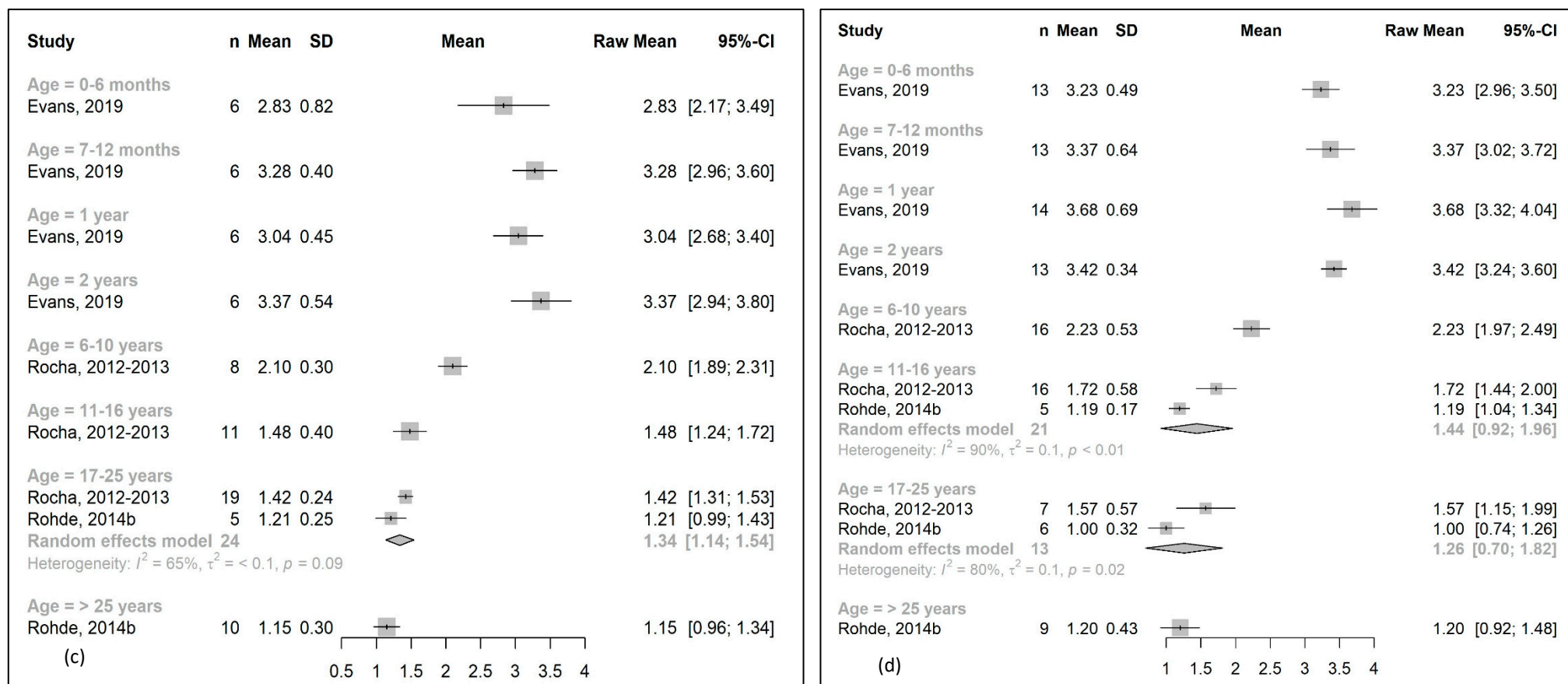
Supplementary Figure S2. Natural protein intakes (g/day) of female (a) and male (b) participants in the included studies.



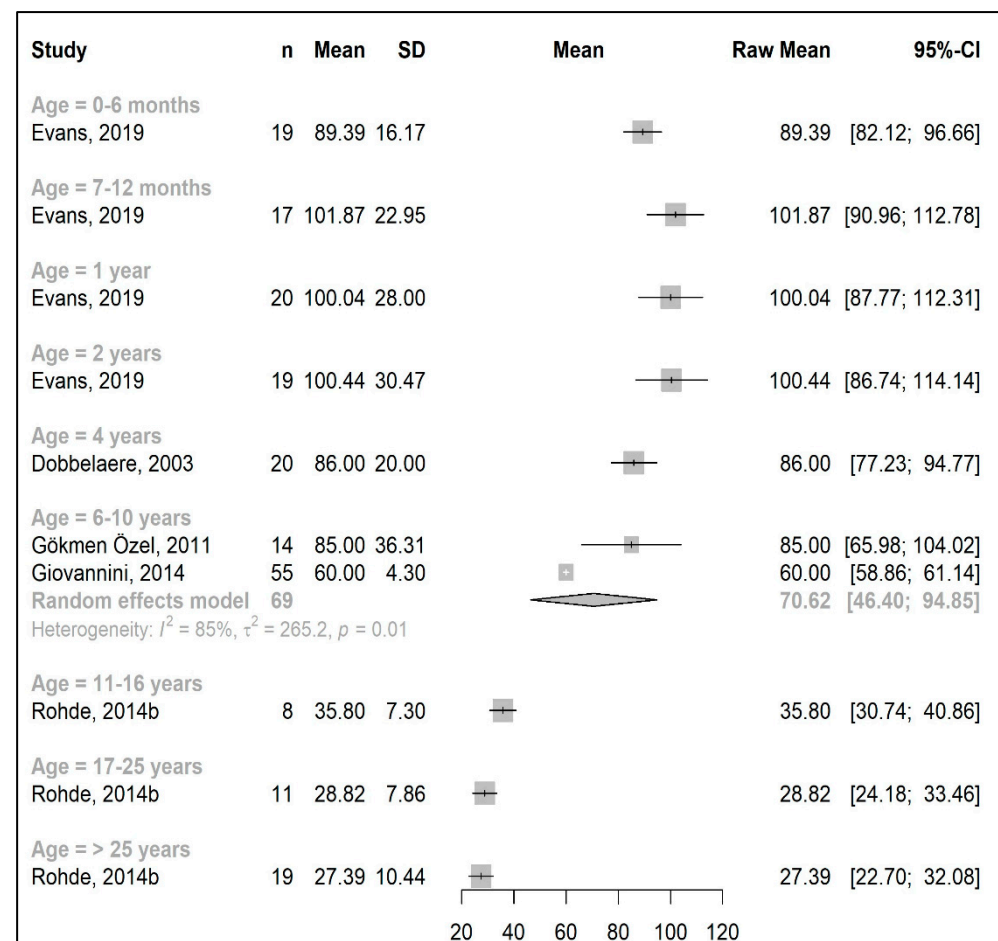
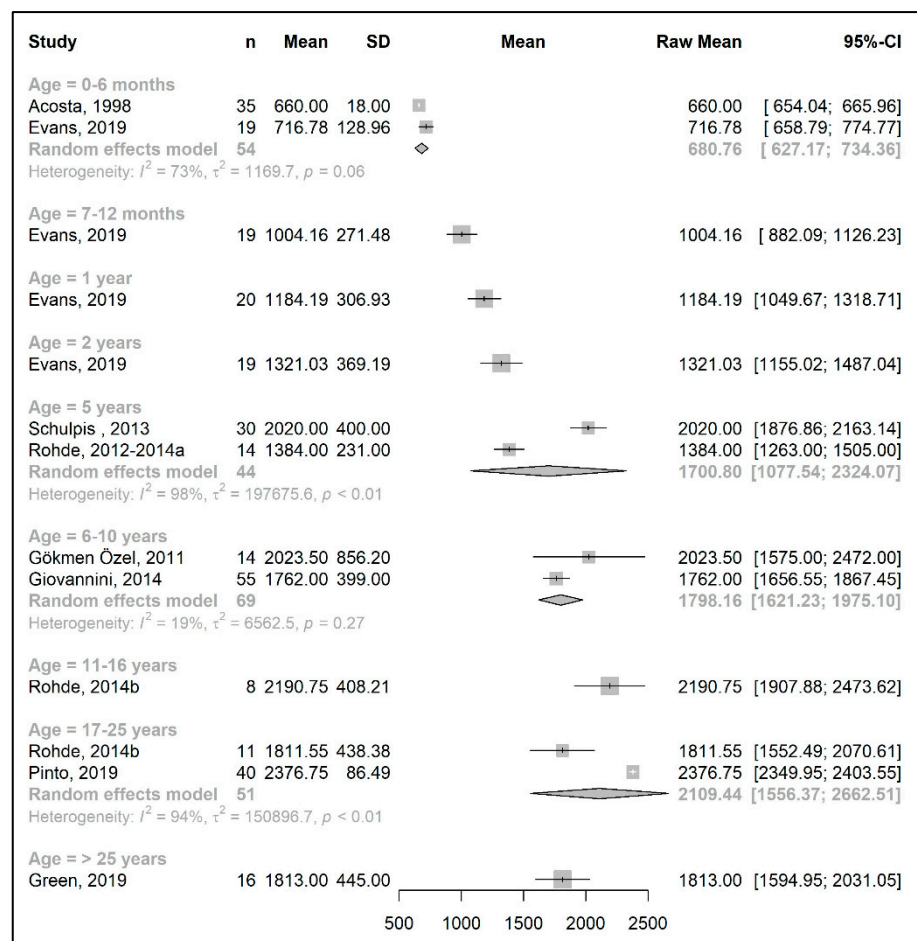
Supplementary Figure S2. Natural protein intakes per kg body weight (g/kg/day) of female (c) and male (d) participants in the included studies.



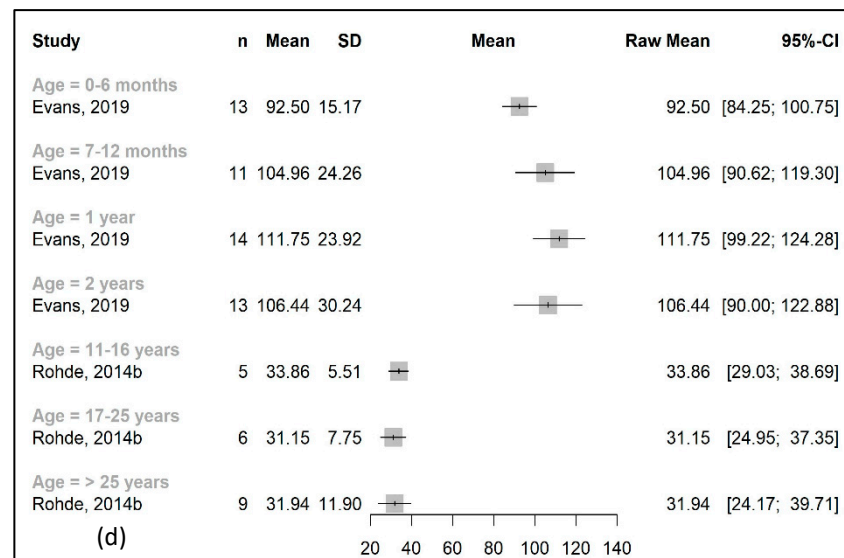
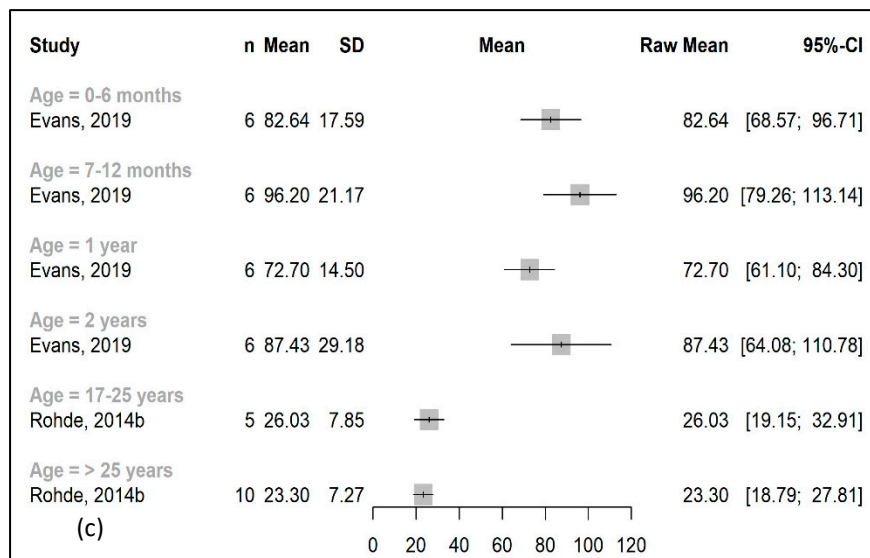
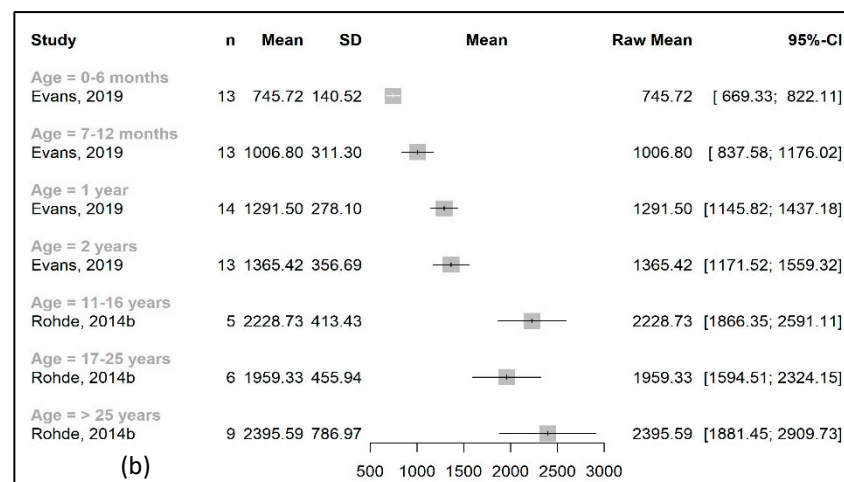
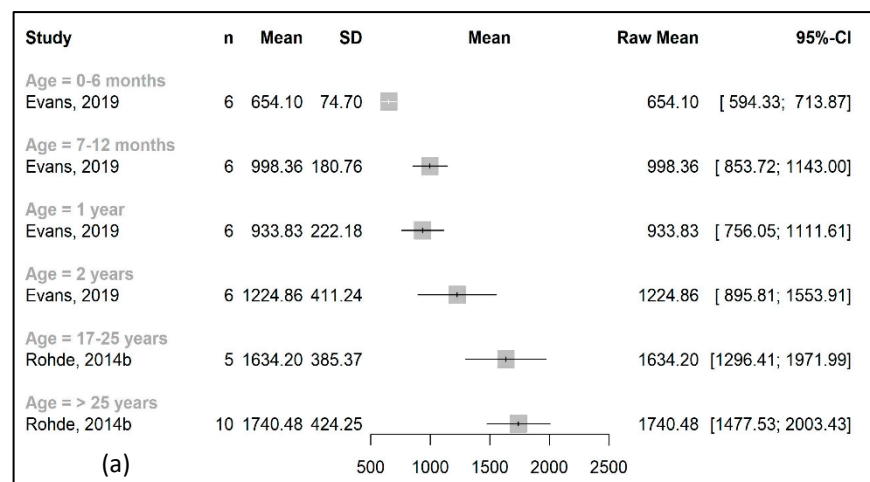
Supplementary Figure S3. Total protein intakes (g/day) of female (a) and male (b) participants in the included studies.



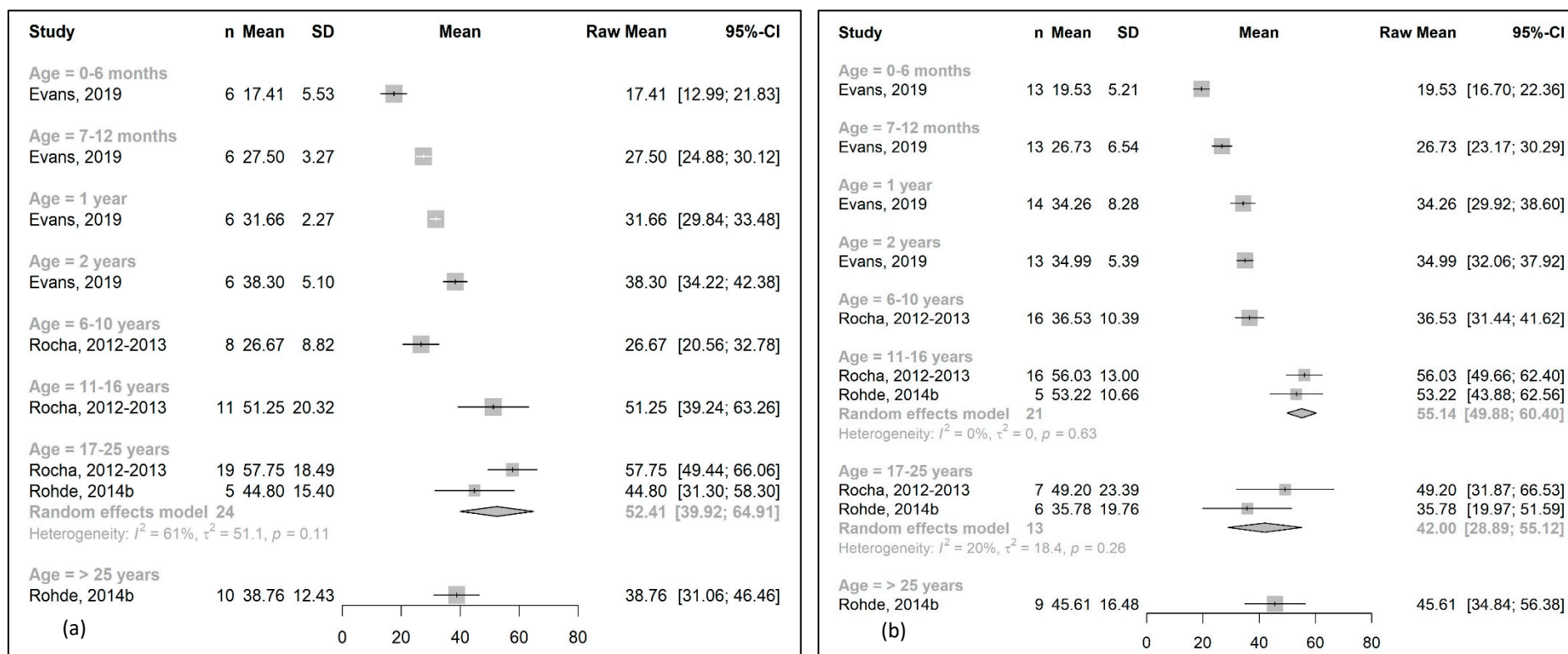
Supplementary Figure S3. Total protein intakes per kg body weight (g/kg/day) of female (c) and male (d) participants in the included studies.



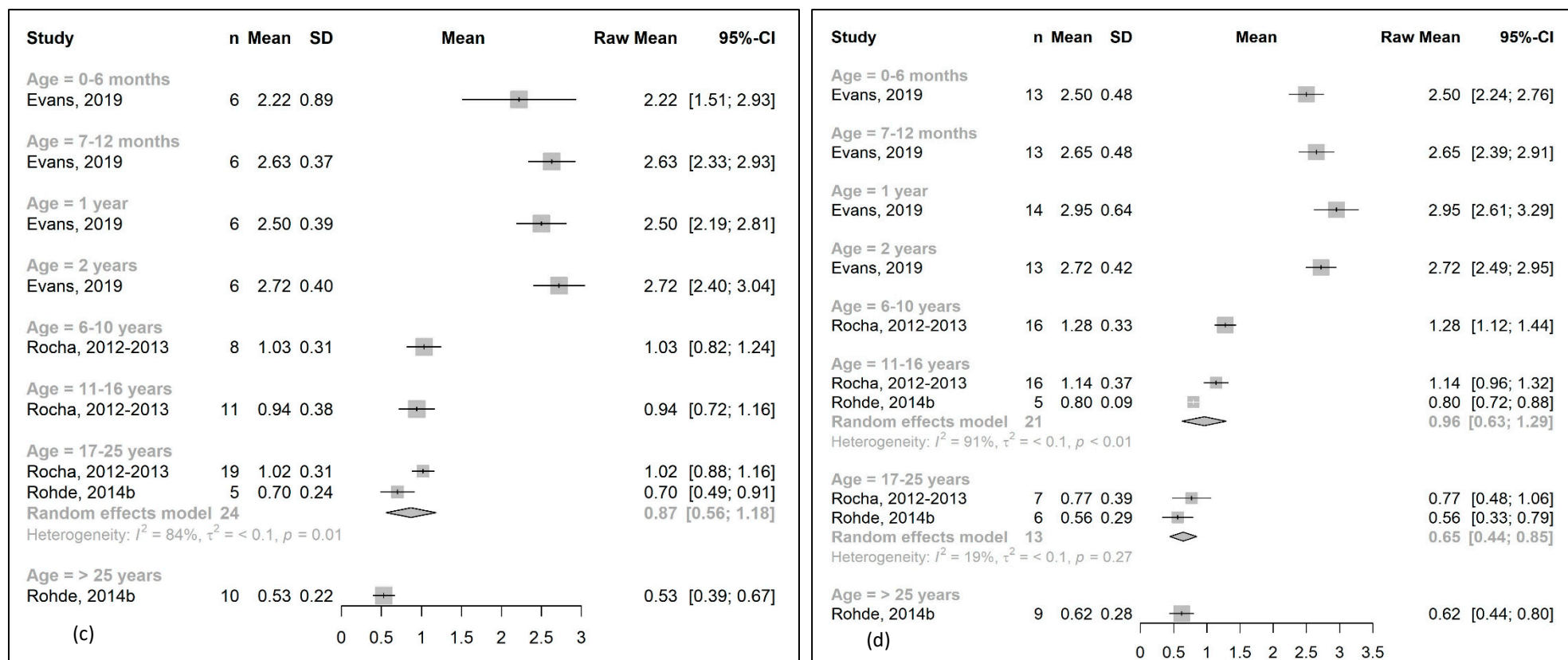
Supplementary Figures S4 and S5. Energy intakes per day (kcal/day; **left**) and per kg body weight (kcal/kg/day; **right**) of participants in the included studies.



Supplementary Figure S6. Energy intakes per day (kcal/day; (a) female, (b) male) and per kg of body weight (kcal/kg/day; (c) female, (d) male) of participants in the included studies..



Supplementary Figures 7a-7b. Protein equivalent from protein substitute intakes per day (g/day) of female (a) and male (b) participants in the included studies.



Supplementary Figures 7c-7d. Protein equivalent from protein substitute intakes per day (g/kg/day) of female (c) and male (d) participants in the included studies.