

Supplementary table S1. Relationships between the height-adjusted DXA-derived appendicular skeletal muscle mass (Height-adjusted ASM) and handgrip muscle strength, and dietary factors (n=230)

	Height-adjusted ASM	Handgrip muscle strength
	<i>r</i> value	
<i>Dietary variables^a</i>		
Energy, Kcal/d	0.173**	0.183**
Protein, g/d	0.085	0.116
Fat, g/d	0.076	0.069
MUFA, g	0.096	0.074
PUFA, g	0.043	0.053
Vitamin C, mg/d	-0.027	0.004
Vitamin D, μ g	0.209**	0.132*
Calcium, mg	0.062	0.088
Magnesium, mg	-0.013	0.037
Zinc, mg	0.124	0.107
Selenium, μ g	0.092	0.133*
Potassium, mg	0.058	0.099

Abbreviations: MUFA, monounsaturated fatty-acids; PUFA, polyunsaturated fatty-acids

^aStatistical analysis based on log-transformed data

Significant correlation at * $p < 0.05$ and ** $p < 0.01$