**Supplementary Material S6:** List of excluded articles.

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| **Reference** | **Reason for exclusion** |
| Armendariz-Anguiano AL, Jiménez-Cruz A, Bacardi-Gascón M et al. (2010) Efectividad del uso de suplementos de proteína en entrenamientos de fuerza: Revisión sistemática (Effectivity in the use of protein supplements in resistance training: systematic review). Arch Latinoam Nutr 60:113–118 | irrelevant language |
| Artaza-Artabe I, Sáez-López P, Sánchez-Hernández N et al. (2016) The relationship between nutrition and frailty: effects of protein intake, nutritional supplementation, vitamin D and exercise on muscle metabolism in the elderly. A systematic review. Maturitas 93:89–99. https://doi.org/10.1016/j.maturitas.2016.04.009 | irrelevant outcome |
| (2018) ASSOCIATION BETWEEN FERMENTED MILK PRODUCT INTAKE AND BONE HEALTH IN POSTMENOPAUSAL WOMEN: A SYSTEMATIC REVIEW | only abstract available |
| Avenell A, Handoll HH (2010) Nutritional supplementation for hip fracture aftercare in older people. Cochrane Database Syst Rev:CD001880. https://doi.org/10.1002/14651858.CD001880.pub5 | irrelevant population |
| Avenell A, Smith TO, Curtain JP et al. (2016) Nutritional supplementation for hip fracture aftercare in older people. Cochrane Database Syst Rev 11:CD001880. https://doi.org/10.1002/14651858.CD001880.pub6 | irrelevant population |
| Beaudart C, Dawson A, Shaw SC et al. (2017) Nutrition and physical activity in the prevention and treatment of sarcopenia: systematic review. Osteoporos Int 28:1817–1833. https://doi.org/10.1007/s00198-017-3980-9 | irrelevant outcome |
| Beaudart C, Rabenda V, Simmons M et al. (2018) Effects of protein, essential amino acids, B-hydroxy B-methylbutyrate, creatine, dehydroepiandrosterone and fatty acid supplementation on muscle mass, muscle strength and physical performance in older people aged 60 years and over. A systematic review on the literature. J Nutr Health Aging 22:117–130. https://doi.org/10.1007/s12603-017-0934-z | irrelevant outcome |
| Bian S, Hu J, Zhang K et al. (2018) Dairy product consumption and risk of hip fracture: a systematic review and meta-analysis. BMC Public Health 18:165. https://doi.org/10.1186/s12889-018-5041-5 | relevant diet-disease relationship not investigated |
| Bischoff-Ferrari HA, Dawson-Hughes B, Baron JA et al. (2011) Milk intake and risk of hip fracture in men and women: a meta-analysis of prospective cohort studies. J Bone Miner Res 26:833–839. https://doi.org/10.1002/jbmr.279 | relevant diet-disease relationship not investigated |
| Body J-J (2015) Dairy products: facts and fiction: World Congress on osteoporosis, osteoarthritis and musculoskeletal diseases (WCO-IOF-ESCEO 2015): satellite symposia abstracts. Osteoporos Int 26, Suppl 1:383. https://doi.org/10.1007/s00198-015-3066-5 | only abstract available |
| Borner R (2018) Der Stellenwert von Milch und Milchprodukten für die Knochengesundheit. Osteologie 27:94–97. https://doi.org/10.1055/s-0038-1656921 | irrelevant study type |
| Byberg L, Warensjö Lemming E (2020) Milk consumption for the prevention of fragility fractures. Nutrients 12:2720. https://doi.org/10.3390/nu12092720 | irrelevant study type |
| (2010) Calcium, other nutrients and bone | only abstract available |
| Calvez J, Poupin N, Chesneau C et al. (2012) Protein intake, calcium balance and health consequences. Eur J Clin Nutr 66:281–295. https://doi.org/10.1038/ejcn.2011.196 | irrelevant study type |
| Camargo LdR, Doneda D, Oliveira VR (2020) Whey protein ingestion in elderly diet and the association with physical, performance and clinical outcomes. Exp Gerontol 137:110936. https://doi.org/10.1016/j.exger.2020.110936 | irrelevant outcome |
| (2017) CAN WE REDUCE FALLS AND FRACTURES? | only abstract available |
| Caroli A, Poli A, Ricotta D et al. (2011) Invited review: Dairy intake and bone health: a viewpoint from the state of the art. J Dairy Sci 94:5249–5262. https://doi.org/10.3168/jds.2011-4578 | irrelevant study type |
| Castro LH, S de Araújo FH, M Olimpio MY et al. (2019) Comparative meta-analysis of the effect of concentrated, hydrolyzed, and isolated whey protein supplementation on body composition of physical activity practitioners. Nutrients 11. https://doi.org/10.3390/nu11092047 | irrelevant outcome |
| Cawood AL, Elia M, Stratton RJ (2012) Systematic review and meta-analysis of the effects of high protein oral nutritional supplements. Ageing Res Rev 11:278–296. https://doi.org/10.1016/j.arr.2011.12.008 | irrelevant outcome |
| Cawood AL, Stratton RJ, Elia M (2011) Systematic review and meta-analysis of the effects of high protein oral nutritional supplements on strength. Proc Nutr Soc 70:E270. https://doi.org/10.1017/S0029665111003557 | only abstract available |
| Cermak NM, Res PT, Groot LC de et al. (2012) Protein supplementation augments the adaptive response of skeletal muscle to resistance-type exercise training: a meta-analysis. Am J Clin Nutr 96:1454–1464. https://doi.org/10.3945/ajcn.112.037556 | irrelevant outcome |
| Cheng H, Kong J, Underwood C et al. (2018) Systematic review and meta-analysis of the effect of protein and amino acid supplements in older adults with acute or chronic conditions. Br J Nutr 119:527–542. https://doi.org/10.1017/S0007114517003816 | irrelevant outcome |
| Chin K-Y, Ima-Nirwana S (2013) Can soy prevent male osteoporosis? A review of the current evidence. Curr Drug Targets 14:1632–1641 | irrelevant study type |
| Coelho-Júnior HJ, Milano-Teixeira L, Rodrigues B et al. (2018) Relative protein intake and physical function in older adults: a systematic review and meta-analysis of observational studies. Nutrients 10. https://doi.org/10.3390/nu10091330 | irrelevant outcome |
| Colonetti T, Grande AJ, Milton K et al. (2017) Effects of whey protein supplement in the elderly submitted to resistance training: systematic review and meta-analysis. Int J Food Sci Nutr 68:257–264. https://doi.org/10.1080/09637486.2016.1232702 | irrelevant outcome |
| (2018) DAIRY AND BONE HEALTH: HOW STRONG IS THE SCIENTIFIC EVIDENCE? | only abstract available |
| (2010) DAIRY PRODUCTS AND BONE: DEVIL OR ANGELS? | only abstract available |
| Darling AL, Wynter D, Torgerson DJ et al. (2017) The influence of dietary protein intake on bone health and fracture risk across the lifespan: a systematic review and meta-analysis. Proc Nutr Soc 76:1674. https://doi.org/10.1017/S002966511700091X | only abstract available |
| Davies RW, Carson BP, Jakeman PM (2018) The effect of whey protein supplementation on the temporal recovery of muscle function following resistance training: a systematic review and meta-analysis. Nutrients 10. https://doi.org/10.3390/nu10020221 | irrelevant outcome |
| Dewansingh P, Melse-Boonstra A, Krijnen WP et al. (2018) Supplemental protein from dairy products increases body weight and vitamin D improves physical performance in older adults: a systematic review and meta-analysis. Nutr Res 49:1–22. https://doi.org/10.1016/j.nutres.2017.08.004 | irrelevant outcome |
| (2016) DIETARY PROTEIN AND BONE HEALTH ACROSS THE LIFE-COURSE: AN UPDATED SYSTEMATIC REVIEW AND META-ANALYSIS OVER 40 YEARS | only abstract available |
| Doidge JC, Segal L, Gospodarevskaya E (2012) Attributable risk analysis reveals potential healthcare savings from increased consumption of dairy products. J Nutr 142:1772–1780. https://doi.org/10.3945/jn.111.154161 | irrelevant study type |
| Dolan E, Sale C (2019) Protein and bone health across the lifespan. Proc Nutr Soc 78:45–55. https://doi.org/10.1017/S0029665118001180 | irrelevant study type |
| (2017) EFFECT OF DIETARY AND EXERCISE INTERVENTIONS IN SARCOPENIC, PRE-FRAIL AND FRAIL OLDER ADULTS | only abstract available |
| (2019) Fermented Dairy Consumption and Risk of Fractures in Postmenopausal Women: Is There an Association? Women's Health Initiative Study (WHI) | only abstract available |
| Fiatarone Singh MA (2014) Exercise, nutrition and managing hip fracture in older persons. Curr Opin Clin Nutr Metab Care 17:12–24. https://doi.org/10.1097/MCO.0000000000000015 | irrelevant study type |
| Finger D, Goltz FR, Umpierre D et al. (2015) Effects of protein supplementation in older adults undergoing resistance training: a systematic review and meta-analysis. Sports Med 45:245–255. https://doi.org/10.1007/s40279-014-0269-4 | irrelevant outcome |
| Gil Á, Ortega RM (2019) Introduction and executive summary of the supplement, role of milk and dairy products in health and prevention of noncommunicable chronic diseases: a series of systematic reviews. Adv Nutr 10, Suppl 2:S67-S73. https://doi.org/10.1093/advances/nmz020 | irrelevant study type |
| Givens DI (2018) Review: dairy foods, red meat and processed meat in the diet: implications for health at key life stages. Animal 12:1709–1721. https://doi.org/10.1017/S1751731118000642 | irrelevant study type |
| Gomes-Neto M, Braga da Silva T, Carvalho VO (2017) Whey protein supplementation in association with resistance training on additional muscle strength gain in older adults: a meta-analysis. Science & Sports 32:214–220. https://doi.org/10.1016/j.scispo.2017.03.008 | irrelevant outcome |
| Hein D, Gregory P, Abe A et al. (2013) The impact of whey protein supplementation on muscle strength and body composition: a systematic review and metaanalysis. Pharmacotherapy 33:e267. https://doi.org/10.1002/phar.1356 | only abstract available |
| Hidayat K, Chen G-C, Wang Y et al. (2018) Effects of milk proteins supplementation in older adults undergoing resistance training: a meta-analysis of randomized control trials. J Nutr Health Aging 22:237–245. https://doi.org/10.1007/s12603-017-0899-y | irrelevant outcome |
| Hidayat K, Du X, Shi B-M et al. (2020) Systematic review and meta-analysis of the association between dairy consumption and the risk of hip fracture: critical interpretation of the currently available evidence. Osteoporos Int 31:1411–1425. https://doi.org/10.1007/s00198-020-05383-3 | relevant diet-disease relationship not investigated |
| Holvik K, Meyer HE, Laake I et al. (2018) Milk drinking and risk of hip fracture. The Norwegian Epidemiologic Osteoporosis Studies (NOREPOS). Br J Nutr:1–21. https://doi.org/10.1017/S0007114518003823 | relevant diet-disease relationship not investigated |
| (2019) Impact of Whey Protein-Rich Higher-Protein Diet on Body Weight and Composition Management in Middle-Aged and Older Adults | only abstract available |
| (2018) INTERACTION OF NUTRITION AND EXERCISE ON BONE AND MUSCLE | only abstract available |
| Iuliano S, Hill TR (2019) Dairy foods and bone health throughout the lifespan: a critical appraisal of the evidence. Br J Nutr 121:763–772. https://doi.org/10.1017/S0007114518003859 | irrelevant study type |
| Kaiser M, Bandinelli S, Lunenfeld B (2010) Frailty and the role of nutrition in older people. A review of the current literature. Acta Biomed 81 Suppl 1:37–45 | irrelevant study type |
| Kanadys W, Barańska A, Błaszczuk A et al. (2021) Effects of Soy Isoflavones on Biochemical Markers of Bone Metabolism in Postmenopausal Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Int J Environ Res Public Health 18:5346. https://doi.org/10.3390/ijerph18105346 | irrelevant exposure |
| Kerstetter JE, Kenny AM, Insogna KL (2011) Dietary protein and skeletal health: a review of recent human research. Curr Opin Lipidol 22:16–20. https://doi.org/10.1097/MOL.0b013e3283419441 | irrelevant study type |
| Kido Y, Shizuka F, Shimomura Y et al. (2012) Dietary reference intakes for Japanese 2010: protein. J Nutr Sci Vitaminol 59, Suppl:S36-S43. https://doi.org/10.3177/jnsv.59.S36 | irrelevant study type |
| Kim JE, O'Connor LE, Sands LP et al. (2016) Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. Nutr Rev 74:210–224. https://doi.org/10.1093/nutrit/nuv065 | irrelevant outcome |
| Koutsofta I, Mamais I, Chrysostomou S (2019) The effect of protein diets in postmenopausal women with osteoporosis: systematic review of randomized controlled trials. J Women Aging 31:117–139. https://doi.org/10.1080/08952841.2018.1418822 | irrelevant population |
| Kuwabara A (2010) Nutrition and bone health. Protein intake and bone; pros and cons. Clin Calcium 20:268–272 | irrelevant language |
| Lancha AH, Zanella R, Tanabe SGO et al. (2017) Dietary protein supplementation in the elderly for limiting muscle mass loss. Amino acids 49:33–47. https://doi.org/10.1007/s00726-016-2355-4 | irrelevant outcome |
| Liao C-D, Tsauo J-Y, Wu Y-T et al. (2017) Effects of protein supplementation combined with resistance exercise on body composition and physical function in older adults: a systematic review and meta-analysis. Am J Clin Nutr 106:1078–1091. https://doi.org/10.3945/ajcn.116.143594 | irrelevant outcome |
| (2016) LIFE COURSE APPROACH TO NUTRITION FOR SKELETAL HEALTH | only abstract available |
| Luo D, Lin Z, Li S et al. (2017) Effect of nutritional supplement combined with exercise intervention on sarcopenia in the elderly: a meta-analysis. International Journal of Nursing Sciences 4:389–401. https://doi.org/10.1016/j.ijnss.2017.09.004 | irrelevant outcome |
| Ma DF, Zheng W, Ding M et al. (2013) Milk intake increases bone mineral content through inhibiting bone resorption: meta-analysis of randomized controlled trials. ESPEN J 8:e1-e7. https://doi.org/10.1016/j.clnme.2012.10.005 | relevant diet-disease relationship not investigated |
| Malmir H, Larijani B, Esmaillzadeh A (2020) Consumption of milk and dairy products and risk of osteoporosis and hip fracture: a systematic review and meta-analysis. Crit Rev Food Sci Nutr 60:1722–1737. https://doi.org/10.1080/10408398.2019.1590800 | relevant diet-disease relationship not investigated |
| Martínez-Amat A, Aibar-Almazán A, Fábrega-Cuadros R et al. (2018) Exercise alone or combined with dietary supplements for sarcopenic obesity in community-dwelling older people: a systematic review of randomized controlled trials. Maturitas 110:92–103. https://doi.org/10.1016/j.maturitas.2018.02.005 | irrelevant outcome |
| Matía-Martín P, Torrego-Ellacuría M, Larrad-Sainz A et al. (2019) Effects of milk and dairy products on the prevention of osteoporosis and osteoporotic fractures in Europeans and Non-Hispanic Whites from North America: a systematic review and updated meta-analysis. Adv Nutr 10, Suppl 2:S120-S143. https://doi.org/10.1093/advances/nmy097 | relevant diet-disease relationship not investigated |
| McLellan TM, Pasiakos SM, Lieberman HR (2014) Effects of protein in combination with carbohydrate supplements on acute or repeat endurance exercise performance: a systematic review. Sports Med 44:535–550. https://doi.org/10.1007/s40279-013-0133-y | relevant diet-disease relationship not investigated |
| Messina M (2014) Soy foods, isoflavones, and the health of postmenopausal women. Am J Clin Nutr 100, Suppl 1:423S-30S. https://doi.org/10.3945/ajcn.113.071464 | irrelevant study type |
| Messina M, Lynch H, Dickinson JM et al. (2018) No difference between the effects of supplementing with soy protein versus animal protein on gains in muscle mass and strength in response to resistance exercise. Int J Sport Nutr Exerc Metab 28:674–685. https://doi.org/10.1123/ijsnem.2018-0071 | irrelevant outcome |
| Michael YL, Lin JS, Whitlock EP et al. (2010) Interventions to prevent falls in older adults: an updated systematic review. AHRQ Publication, 11-05150-EF-1, Rockville (MD) | irrelevant exposure |
| Michel J-P, Cruz-Jentoft AJ, Cederholm T (2015) Frailty, exercise and nutrition. Clin Geriatr Med 31:375–387. https://doi.org/10.1016/j.cger.2015.04.006 | irrelevant study type |
| Miller PE, Alexander DD, Perez V (2014) Effects of whey protein and resistance exercise on body composition: a meta-analysis of randomized controlled trials. J Am Coll Nutr 33:163–175. https://doi.org/10.1080/07315724.2013.875365 | irrelevant outcome |
| Milne AC, Potter J, Vivanti A et al. (2009) Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev:CD003288. https://doi.org/10.1002/14651858.CD003288.pub3 | irrelevant outcome |
| Morton RW, Murphy KT, McKellar SR et al. (2018) A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. Br J Sports Med 52:376–384. https://doi.org/10.1136/bjsports-2017-097608 | irrelevant outcome |
| Naclerio F, Larumbe-Zabala E (2016) Effects of whey protein alone or as part of a multi-ingredient formulation on strength, fat-free mass, or lean body mass in resistance-trained individuals: a meta-analysis. Sports Med 46:125–137. https://doi.org/10.1007/s40279-015-0403-y | irrelevant outcome |
| Naseeb MA, Volpe SL (2017) Protein and exercise in the prevention of sarcopenia and aging. Nutr Res 40:1–20. https://doi.org/10.1016/j.nutres.2017.01.001 | irrelevant outcome |
| Nowson CA, Service C, Appleton J et al. (2018) The impact of dietary factors on indices of chronic disease in older people: a systematic review. J Nutr Health Aging 22:282–296. https://doi.org/10.1007/s12603-017-0920-5 | irrelevant outcome |
| (2010) NUTRIENTS, MUSCLE AND BONE: WHERE DO WE STAND? | only abstract available |
| (2012) NUTRITION AND BONE HEALTH | only abstract available |
| Oh EG, Lee JE, Yoo JY (2012) A systematic review of the effectiveness of lifestyle interventions for improving bone health in women at high risk of osteoporosis. JBI Libr Syst Rev 10:1738–1784 | irrelevant exposure |
| Ong AM, Kang K, Weiler HA et al. (2020) Fermented milk products and bone health in postmenopausal women: a systematic review of randomized controlled trials, prospective cohorts, and case-control studies. Adv Nutr 11:251–265. https://doi.org/10.1093/advances/nmz108 | relevant diet-disease relationship not investigated |
| Palop Montoro MV, Párraga Montilla JA, Lozano Aguilera E et al. (2015) Intervención en la sarcopenia con entrenamiento de resistencia progresiva y suplementos nutricionales proteicos (Sarcopenia intervention with progressive resistance training and protein nutritional supplements). Nutr Hosp 31:1481–1490. https://doi.org/10.3305/nh.2015.31.4.8489 | irrelevant language |
| Pasiakos SM, Lieberman HR, McLellan TM (2014) Effects of protein supplements on muscle damage, soreness and recovery of muscle function and physical performance: a systematic review. Sports Med 44:655–670. https://doi.org/10.1007/s40279-013-0137-7 | irrelevant outcome |
| Pasiakos SM, McLellan TM, Lieberman HR (2015) The effects of protein supplements on muscle mass, strength, and aerobic and anaerobic power in healthy adults: a systematic review. Sports Med 45:111–131. https://doi.org/10.1007/s40279-014-0242-2 | irrelevant outcome |
| Perna S, Avanzato I, Nichetti M et al. (2017) Association between dietary patterns of meat and fish consumption with bone mineral density or fracture risk: a systematic literature. Nutrients 9. https://doi.org/10.3390/nu9091029 | relevant diet-disease relationship not investigated |
| Prentice AM (2014) Dairy products in global public health. Am J Clin Nutr 99, Suppl:1212S–1216S. https://doi.org/10.3945/ajcn.113.073437 | irrelevant study type |
| (2017) PROTEIN INTAKE AND BONE MINERAL DENSITY – A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS | only abstract available |
| Rabassa-Blanco J, Palma-Linares I (2017) Efectos de los suplementos de proteína y aminoácidos de cadena ramificada en entrenamiento de fuerza: revisión bibliográfica. http://renhyd.org/index.php/renhyd/article/view/220. Accessed 01 Oct 2020 | irrelevant language |
| Rizzoli R, Biver E, Bonjour J-P et al. (2018) Benefits and safety of dietary protein for bone health-an expert consensus paper endorsed by the European Society for Clinical and Economical Aspects of Osteopororosis, Osteoarthritis, and Musculoskeletal Diseases and by the International Osteoporosis Foundation. Osteoporos Int 29:1933–1948. https://doi.org/10.1007/s00198-018-4534-5 | irrelevant study type |
| Rizzoli R, Stevenson JC, Bauer JM et al. (2014) The role of dietary protein and vitamin D in maintaining musculoskeletal health in postmenopausal women: a consensus statement from the European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis (ESCEO). Maturitas 79:122–132. https://doi.org/10.1016/j.maturitas.2014.07.005 | irrelevant study type |
| Rouf AS, Grech A, Allman-Farinelli M (2018) Assessing the efficacy and external validity of interventions promoting calcium or dairy intake in young adults: a systematic review with meta-analysis. Crit Rev Food Sci Nutr 58:2600–2616. https://doi.org/10.1080/10408398.2017.1336508 | relevant diet-disease relationship not investigated |
| Rozenberg S, Body J-J, Bruyère O et al. (2016) Effects of dairy products consumption on health: benefits and beliefs - a commentary from the Belgian Bone Club and the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases. Calcif Tissue Int 98:1–17. https://doi.org/10.1007/s00223-015-0062-x | relevant diet-disease relationship not investigated |
| Shi Y, Zhan Y, Chen Y et al. (2020) Effects of dairy products on bone mineral density in healthy postmenopausal women: a systematic review and meta-analysis of randomized controlled trials. Arch Osteoporos 15:48. https://doi.org/10.1007/s11657-020-0694-y | relevant diet-disease relationship not investigated |
| Simmons E, Fluckey JD, Riechman SE (2016) Cumulative muscle protein synthesis and protein intake requirements. Annu Rev Nutr 36:17–43. https://doi.org/10.1146/annurev-nutr-071813-105549 | irrelevant study type |
| (2010) Soy isoflavones and bone mineral density in perimenopausal and postmenopausal Western women: a systematic review and meta-analysis of randomized controlled … | only abstract available |
| Stearns RL, Emmanuel H, Volek JS et al. (2010) Effects of ingesting protein in combination with carbohydrate during exercise on endurance performance: a systematic review with meta-analysis. J Strength Cond Res 24:2192–2202. https://doi.org/10.1519/JSC.0b013e3181ddfacf | irrelevant outcome |
| Stonehouse W, Wycherley T, Luscombe-Marsh N et al. (2016) Dairy intake enhances body weight and composition changes during energy restriction in 18-50-year-old adults - a meta-analysis of randomized controlled trials. Nutrients 8. https://doi.org/10.3390/nu8070394 | irrelevant outcome |
| Theodorakopoulos C, Jones J, Bannerman E et al. (2017) Effectiveness of nutritional and exercise interventions to improve body composition and muscle strength or function in sarcopenic obese older adults: a systematic review. Nutr Res 43:3–15. https://doi.org/10.1016/j.nutres.2017.05.002 | irrelevant outcome |
| (2017) THE ROLE OF DAIRY FOR THE MANAGEMENT OF MUSCLE MASS AND FUNCTION IN PEOPLE AGED 50+ YEARS: A SYSTEMATIC REVIEW AND META-ANALYSIS | only abstract available |
| Thomas DK, Quinn MA, Saunders DH et al. (2016) Protein supplementation does not significantly augment the effects of resistance exercise training in older adults: a systematic review. J Am Med Dir Assoc 17:959.e1-9. https://doi.org/10.1016/j.jamda.2016.07.002 | irrelevant outcome |
| Thorning TK, Raben A, Tholstrup T et al. (2016) Milk and dairy products: good or bad for human health? An assessment of the totality of scientific evidence. Food Nutr Res 60:32527. https://doi.org/10.3402/fnr.v60.32527 | irrelevant study type |
| Thorpe MP, Evans EM (2011) Dietary protein and bone health: harmonizing conflicting theories. Nutr Rev 69:215–230 | Thorpe MP, Evans EM (2011) Dietary protein and bone health: harmonizing conflicting theories. Nutr Rev 69:215–230 |
| Tieland M, Franssen R, Dullemeijer C et al. (2017) The impact of dietary protein or amino acid supplementation on muscle mass and strength in elderly people: individual participant data and meta-analysis of RCT's. J Nutr Health Aging 21:994–1001. https://doi.org/10.1007/s12603-017-0896-1 | irrelevant outcome |
| Tsagari A (2020) Dietary protein intake and bone health. J Frailty Sarcopenia Falls 5:1–5. https://doi.org/10.22540/JFSF-05-001 | critically low AMSTAR 2 rating |
| Tsuboi M, Momosaki R, Vakili M et al. (2018) Nutritional supplementation for activities of daily living and functional ability of older people in residential facilities: a systematic review. Geriatr Gerontol Int 18:197–210. https://doi.org/10.1111/ggi.13160 | irrelevant outcome |
| van den Heuvel EGHM, Steijns JMJM (2018) Dairy products and bone health: how strong is the scientific evidence? Nutr Res Rev 31:164–178. https://doi.org/10.1017/S095442241800001X | relevant diet-disease relationship not investigated |
| Viljakainen HT (2016) Factors influencing bone mass accrual: focus on nutritional aspects. Proc Nutr Soc 75:415–419. https://doi.org/10.1017/S0029665116000252 | irrelevant study type |
| Wallace TC, Bailey RL, Lappe J et al. (2021) Dairy intake and bone health across the lifespan: a systematic review and expert narrative. Crit Rev Food Sci Nutr 61:3661–3707. https://doi.org/10.1080/10408398.2020.1810624 | relevant diet-disease relationship not investigated |
| Wallace TC, Frankenfeld CL (2017) Dietary protein intake above the current RDA and bone health: a systematic review and meta-analysis. J Am Coll Nutr 36:481–496. https://doi.org/10.1080/07315724.2017.1322924 | critically low AMSTAR 2 rating |
| Weinert DJ (2009) Nutrition and muscle protein synthesis: a descriptive review. J Can Chiropr Assoc 53:186–193 | irrelevant study type |
| Wirth J, Hillesheim E, Brennan L (2020) The role of protein intake and its timing on body composition and muscle function in healthy adults: a systematic review and meta-analysis of randomized controlled trials. J Nutr 150:1443–1460. https://doi.org/10.1093/jn/nxaa049 | irrelevant outcome |
| Wirunsawana K, Upala S (2018) Impact of Whey Protein on Bone Mineral Density: a Systemic Review and Meta-analysis. J Clin Densitom 21:597–598. https://doi.org/10.1016/j.jocd.2018.05.005 | only abstract available |
| Witard OC, Wardle SL, Macnaughton LS et al. (2016) Protein considerations for optimising skeletal muscle mass in healthy young and older adults. Nutrients 8:181. https://doi.org/10.3390/nu8040181 | irrelevant study type |
| Wittke A, Stengel S von, Hettchen M et al. (2017) Protein supplementation to augment the effects of high intensity resistance training in untrained middle-aged males: the randomized controlled PUSH trial. Biomed Res Int 2017:3619398. https://doi.org/10.1155/2017/3619398 | irrelevant study type |
| Woo J (2018) Nutritional interventions in sarcopenia. Where do we stand? Curr Opin Clin Nutr Metab Care 21:19–23. https://doi.org/10.1097/MCO.0000000000000432 | irrelevant study type |
| Wright CS (2017) The effect of dietary protein on bone health during energy restriction and exercise training in overweight and obese adults. https://www.proquest.com/docview/1960606545. Accessed 01 Oct 2020 | only abstract available |
| Wynter D, Manders R, Torgerson DJ et al. (2017) Protein intake and bone health across the lifecycle: an updated systematic review and meta-analysis of the evidence. Proceedings of the Nutrition Society 76. https://doi.org/10.1017/s0029665117000131 | only abstract available |
| Xu Z, Tan Z, Zhang Q et al. (2014) Clinical effectiveness of protein and amino acid supplementation on building muscle mass in elderly people: a meta-analysis. PLoS One 9:e109141. https://doi.org/10.1371/journal.pone.0109141 | irrelevant outcome |
| (2009) (YOUNG INVESTIGATOR AWARD) DIETARY PROTEIN AND BONE HEALTH: A SYSTEMATIC REVIEW AND META-ANALYSIS | only abstract available |
| Zanini B, Simonetto A, Zubani M et al. (2020) The effects of cow-milk protein supplementation in elderly population: systematic review and narrative synthesis. Nutrients 12. https://doi.org/10.3390/nu12092548 | relevant diet-disease relationship not investigated |