

Table S2. Dietary intakes of the TF and WC groups excluding under-reporters

| Variable                                 | SNR <sup>a)</sup> or KDRI <sup>b)</sup> |                       | TF group<br>(n=40) | WC group<br>(n=40) |
|------------------------------------------|-----------------------------------------|-----------------------|--------------------|--------------------|
|                                          | Male                                    | Female                |                    |                    |
| Energy                                   |                                         |                       |                    |                    |
| Total (kcal/day)                         | 3,650–3,925 <sup>a)</sup>               | 2,875 <sup>a)</sup>   | 2,518.2±541.9      | 2,523.0±363.0      |
| Sex                                      |                                         |                       |                    |                    |
| Male                                     |                                         |                       | 2,662.0±504.4      | 2,721.8±295.3      |
| Female                                   |                                         |                       | 2,022.8±348.0      | 2,390.4±347.5*     |
| Body weight/day<br>(kcal/kg)             | -                                       | -                     | 41.0±8.8           | 39.2±6.4           |
| Carbohydrate                             |                                         |                       |                    |                    |
| Total (g/day)                            | -                                       | -                     | 347.0±81.7         | 338.9±47.1         |
| Body weight/day (g/kg)                   | 5–10 <sup>a)</sup>                      | 5–10 <sup>a)</sup>    | 5.6±1.4            | 5.3±1.0            |
| Total energy intake (%)                  | >50 <sup>a)</sup>                       | >50 <sup>a)</sup>     | 55.2±4.8           | 54.0±4.5           |
| Fiber (g/day)                            | 25 <sup>b)</sup>                        | 20 <sup>b)</sup>      | 22.9±8.0           | 28.9±7.3***        |
| Protein                                  |                                         |                       |                    |                    |
| Total (g/day)                            | 65 <sup>b)</sup>                        | 50 <sup>b)</sup>      | 97.8±17.7          | 99.2±14.4          |
| Body weight/day (g/kg)                   | 1.2–1.8 <sup>a)</sup>                   | 1.2–1.8 <sup>a)</sup> | 1.6±0.3            | 1.5±0.2            |
| Total energy intake (%)                  | 15–20 <sup>a)</sup>                     | 15–20 <sup>a)</sup>   | 15.7±1.7           | 15.6±1.0           |
| Fat                                      |                                         |                       |                    |                    |
| Total (g/day)                            | -                                       | -                     | 79.5±22.3          | 82.4±20.1          |
| Body weight/day (g/kg)                   | -                                       | -                     | 1.3±0.3            | 1.3±0.3            |
| Total energy intake (%)                  | 15–30 <sup>a)</sup>                     | 15–30 <sup>a)</sup>   | 28.3±4.1           | 29.2±4.4           |
| Saturated fat (g/day)                    | -                                       | -                     | 13.1±5.6           | 18.0±3.9***        |
| Saturated fat (% total<br>energy intake) | <8 <sup>b)</sup>                        | <8 <sup>b)</sup>      | 4.6±1.2            | 6.4±1.2***         |
| Vitamins                                 |                                         |                       |                    |                    |

|                                               |                     |                     |                     |                     |
|-----------------------------------------------|---------------------|---------------------|---------------------|---------------------|
| Vitamin A( $\mu\text{g/day}$ )                | 850 <sup>b)</sup>   | 600 <sup>b)</sup>   | 694.6 $\pm$ 298.8   | 530.6 $\pm$ 99.2**  |
| Vitamin E (mg/day)                            | 11 <sup>b)</sup>    | 11 <sup>b)</sup>    | 20.5 $\pm$ 6.3      | 24.9 $\pm$ 6.5**    |
| Vitamin D ( $\mu\text{g/day}$ ) <sup>c)</sup> | 10 <sup>b)</sup>    | 10 <sup>b)</sup>    | 5.3 $\pm$ 3.2       | 11.4 $\pm$ 2.9***   |
| Thiamin (mg/day)                              | 1.3 <sup>b)</sup>   | 1.2 <sup>b)</sup>   | 2.2 $\pm$ 0.7       | 2.4 $\pm$ 0.5       |
| Riboflavin (mg/day)                           | 1.7 <sup>b)</sup>   | 1.2 <sup>b)</sup>   | 2.0 $\pm$ 1.0       | 1.9 $\pm$ 1.0       |
| Niacin (mg/day)                               | 17 <sup>b)</sup>    | 14 <sup>b)</sup>    | 16.9 $\pm$ 4.1      | 18.5 $\pm$ 3.0      |
| Folate ( $\mu\text{g/day}$ )                  | 400 <sup>b)</sup>   | 400 <sup>b)</sup>   | 454.8 $\pm$ 126.6   | 509.4 $\pm$ 94.6*   |
| Vitamin B <sub>12</sub> ( $\mu\text{g/day}$ ) | 2.7 <sup>b)</sup>   | 2.4 <sup>b)</sup>   | 8.3 $\pm$ 3.0       | 8.1 $\pm$ 2.2       |
| Vitamin C (mg/day)                            | 105 <sup>b)</sup>   | 95 <sup>b)</sup>    | 72.9 $\pm$ 27.8     | 59.7 $\pm$ 11.2**   |
| Minerals                                      |                     |                     |                     |                     |
| Calcium (mg/day)                              | 900 <sup>b)</sup>   | 800 <sup>b)</sup>   | 621.3 $\pm$ 163.8   | 655.7 $\pm$ 192.9   |
| Phosphorus (mg/day)                           | 1,200 <sup>b)</sup> | 1,200 <sup>b)</sup> | 1,434.7 $\pm$ 226.7 | 1,518.3 $\pm$ 237.8 |
| Sodium (mg/day) <sup>c)</sup>                 | 1,500 <sup>b)</sup> | 1,500 <sup>b)</sup> | 4,185.5 $\pm$ 785.9 | 4,430.8 $\pm$ 659.2 |
| Potassium (mg/day) <sup>c)</sup>              | 3,500 <sup>b)</sup> | 3,500 <sup>b)</sup> | 2,876.8 $\pm$ 540.7 | 3,062.2 $\pm$ 447.3 |
| Magnesium (mg/day)                            | 400 <sup>b)</sup>   | 340 <sup>b)</sup>   | 130.0 $\pm$ 33.8    | 138.0 $\pm$ 36.9    |
| Iron (mg/day)                                 | 14 <sup>b)</sup>    | 14 <sup>b)</sup>    | 23.6 $\pm$ 17.6     | 20.0 $\pm$ 7.7      |
| Zinc (mg/day)                                 | 10 <sup>b)</sup>    | 9 <sup>b)</sup>     | 14.0 $\pm$ 3.4      | 16.2 $\pm$ 3.8**    |
| Copper ( $\mu\text{g/day}$ )                  | 840 <sup>b)</sup>   | 840 <sup>b)</sup>   | 904.0 $\pm$ 522.3   | 832.4 $\pm$ 225.6   |
| Selenium ( $\mu\text{g/day}$ )                | 65 <sup>b)</sup>    | 65 <sup>b)</sup>    | 90.4 $\pm$ 25.6     | 88.6 $\pm$ 16.7     |
| Manganese (mg/day)                            | 4 <sup>b)</sup>     | 3.5 <sup>b)</sup>   | 2.0 $\pm$ 0.6       | 2.3 $\pm$ 0.6*      |

Values are presented as mean $\pm$ standard deviation.

TF, track-and-field; WC, weight-class.

<sup>a)</sup>SNR (for adolescent athletes): sports nutrition recommendation [5]; <sup>b)</sup>KDRI (Korean Dietary Reference Intake, 2015) [15]; <sup>c)</sup>Adequate intake.

Significant differences between the TF and WC groups were evaluated using Student t-test (\*P<0.05, \*\*P<0.01, \*\*\*P<0.001).