

Table S3. Dietary intakes of male athletes in the TF and WC groups

Variable	SNR ^{a)} or KDRI ^{b)}	TF group (n=49)	WC group (n=37)
	Male		
Energy			
Total (kcal/day)	3,650–3,925 ^{a)}	2,486.6±495.2	2,291.6±569.1
Body weight/day (kcal/day)	-	36.5±10.7	30.3±9.6**
Carbohydrate			
Total (g/day)	-	338.5±74.6	305.2±66.1*
Body weight/day (g/kg)	5–10 ^{a)}	5.0±1.6	4.1±1.3**
Total energy intake (%)	>50 ^{a)}	54.9±4.4	54.4±4.7
Fiber (g/day)	25 ^{b)}	23.1±7.2	25.3±8.4
Protein			
Total (g/day)	65 ^{b)}	97.6±17.4	88.8±24.9
Body weight/day (g/kg)	1.2–1.8 ^{a)}	1.4±0.4	1.2±0.4**
Total energy intake (%)	15–20 ^{a)}	15.7±1.7	15.4±1.4
Fat			
Total (g/day)	-	80.0±21.0	76.3±25.7
Body weight/day (g/kg)	-	1.2±0.4	1.0±0.3*
Total energy intake (%)	15–30 ^{a)}	28.7±3.8	29.1±4.3
Saturated fat (g/day)	-	13.1±5.3	16.2±5.0**
Saturated fat (% total energy intake)	<8 ^{b)}	4.7±1.6	6.4±1.4***
Vitamin			
Vitamin A (µg/day)	850 ^{b)}	747.3±319.1	464.2±114.9***
Vitamin E (mg/day)	11 ^{b)}	19.9±5.8	22.6±7.0*
Vitamin D (µg/day) ^{c)}	10 ^{b)}	5.3±3.5	10.2±4.7***
Thiamin (mg/day)	1.3 ^{b)}	2.3±0.7	2.3±0.6

Riboflavin (mg/day)	1.7 ^{b)}	1.8±0.5	1.6±0.4*
Niacin (mg/day)	17 ^{b)}	16.8±4.3	16.3±5.3
Folate (µg/day)	400 ^{b)}	461.5±122.2	448.1±129.1
Vitamin B ₁₂ (µg/day)	2.7 ^{b)}	7.7±3.0	7.2±3.3
Vitamin C (mg/day)	105 ^{b)}	66.1±25.5	50.2±14.7***
Minerals			
Calcium (mg/day)	900 ^{b)}	549.9±179.0	497.7±179.6
Phosphorus (mg/day)	1,200 ^{b)}	1,388.2±240.0	1,311.3±356.8
Sodium (mg/day) ^{c)}	1,500 ^{b)}	4,287.4±796.0	3,820.1±1034.5*
Potassium (mg/day) ^{c)}	3,500 ^{b)}	2,873.6±479.5	2,657.3±746.5
Magnesium (mg/day)	400 ^{b)}	123.9±34.5	122.1±44.7
Iron (mg/day)	14 ^{b)}	21.8±15.9	17.3±7.6*
Zinc (mg/day)	10 ^{b)}	13.8±3.3	14.7±5.4
Copper (µg/day)	840 ^{b)}	846.3±492.6	733.7±288.1
Selenium (µg/day)	65 ^{b)}	85.5±26.2	78.7±21.4
Manganese (mg/day)	4 ^{b)}	1.9±0.5	2.0±0.7

Values are presented as mean±standard deviation.

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

^{a)}SNR (for adolescent athletes): sports nutrition recommendation [5]; ^{b)}KDRI (Korean Dietary Reference Intake, 2015) [15]; ^{c)}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).