

Table S4. Dietary intakes of female athletes in the TF and WC groups

Variable	SNR ^{a)} or KDRI ^{b)}	TF group (n=27)	WC group (n=31)
	Female		
Energy			
Total (kcal/day)	2,875 ^{a)}	1,520.1±464.8	2,223.6±446.5***
Body weight/day (kcal/day)	-	26.8±8.8	35.4±8.9***
Carbohydrate			
Total (g/day)	-	207.9±70.3	306.4±56.9***
Body weight/day (g/kg)	5–10 ^{a)}	3.6±1.2	4.9±1.2***
Total energy intake (%)	>50 ^{a)}	54.2±5.1	55.3±5.1***
Fiber (g/day)	20 ^{b)}	15.3±5.8	26.3±8.4***
Protein			
Total (g/day)	50 ^{b)}	60.2±18.1	86.5±18.9***
Body weight/day (g/kg)	1.2–1.8 ^{a)}	1.1±0.4	1.4±0.4**
Total energy intake (%)	15–20 ^{a)}	16.0±2.0	15.4±1.1
Fat			
Total (g/day)	-	50.0±15.0	70.1±20.9***
Body weight/day (g/kg)	-	0.9±0.3	1.1±0.4*
Total energy intake (%)	15–30 ^{a)}	30.0±4.7	28.3±4.5
Saturated fat (g/day)	-	7.8±3.2	16.0±4.8***
Saturated fat (% total energy intake)	<8 ^{b)}	4.7±1.7	6.4±1.2***
Vitamin			
Vitamin A (µg/day)	600 ^{b)}	537.7±256.0	492.6±121.8
Vitamin E (mg/day)	11 ^{b)}	14.1±5.6	22.6±7.3***
Vitamin D (µg/day) ^{c)}	10 ^{b)}	3.3±2.2	10.0±2.8***
Thiamin (mg/day)	1.2 ^{b)}	1.3±0.5	2.1±0.6***

Riboflavin (mg/day)	1.2 ^{b)}	1.6±1.7	1.8±1.2
Niacin (mg/day)	14 ^{b)}	10.6±3.3	16.2±3.6***
Folate (µg/day)	400 ^{b)}	316.4±123.8	461.0±110.1***
Vitamin B ₁₂ (µg/day)	2.4 ^{b)}	5.9±3.0	7.9±3.9*
Vitamin C (mg/day)	95 ^{b)}	49.0±27.6	56.9±11.7
Mineral			
Calcium (mg/day)	800 ^{b)}	484.2±190.9	636.5±209.0**
Phosphorus (mg/day)	1,200 ^{b)}	934.0±280.4	1,368.4±276.3***
Sodium (mg/day) ^{c)}	1,500 ^{b)}	2,825.5±1084.0	4,043.3±869.0***
Potassium (mg/day) ^{c)}	3,500 ^{b)}	2,002.8±810.4	2,745.1±574.2***
Magnesium (mg/day)	340 ^{b)}	90.7±42.5	120.8±40.3**
Iron (mg/day)	14 ^{b)}	13.9±8.2	17.9±7.5
Zinc (mg/day)	9 ^{b)}	8.8±3.4	13.8±4.2***
Copper (µg/day)	840 ^{b)}	560.2±144.6	723.6±211.0**
Selenium (µg/day)	65 ^{b)}	56.1±18.8	78.6±22.0***
Manganese (mg/day)	3.5 ^{b)}	1.4±0.7	2.0±0.6***

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).