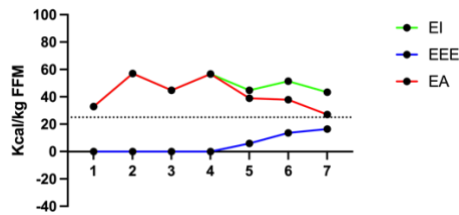


Supplemental file

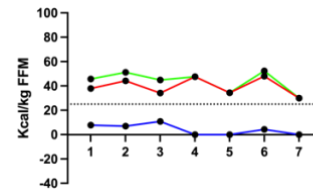
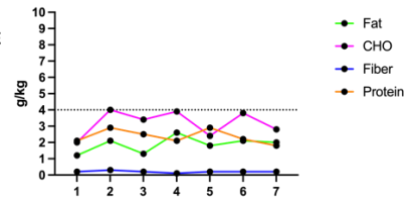
Physiological reports 2024; "A real-life snapshot: evaluating exposures to low energy availability in male athletes from various sports"; Birna Vardardottir (biva@hi.is), Anna S. Olafsdottir, Sigridur Lara Gudmundsdottir; University of Iceland, Faculty of Health Promotion, Sport & Leisure Studies, Reykjavik, Iceland.

The figures below show A) patterns of energy availability (EA), energy intake (EI), and exercise energy expenditure (EEE) in kcal/kg FFM, and B) relative macronutrient intake for all participants with 6-7 days registered in the study app (n=19). Figures are arranged by the number of days with EA <25 kcal/kg FFM but their numbers are otherwise random (and different from participant IDs). The registration days (numbers) are shown on the x-axis. Dotted line on the energy availability figures represents suggested LEA threshold, and dotted line on the macronutrient figures represent the cut-off used for low intakes of carbohydrates (4 g/kg BW). Information about sport group and age are provided below the figures.

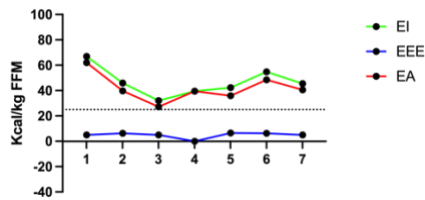
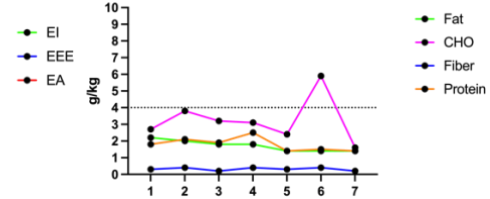
0 LEA days



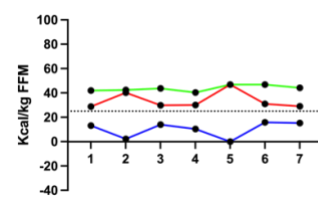
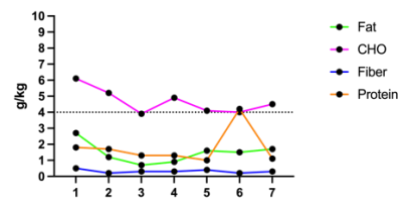
Athlete 1: power, 25 y.



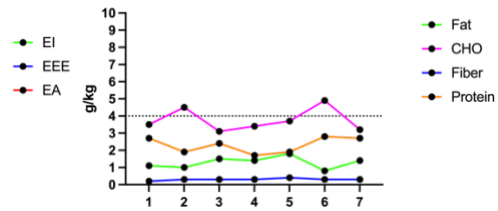
Athlete 2: endurance, 30 y.

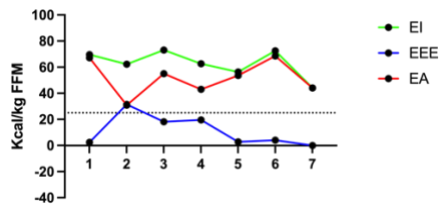


Athlete 3: power, 16 y.

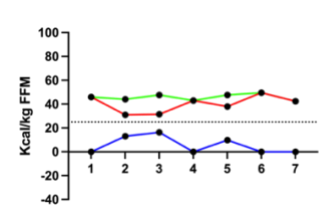
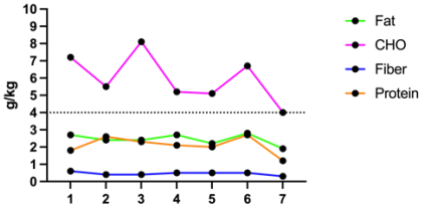


Athlete 4: ball, 23 y.

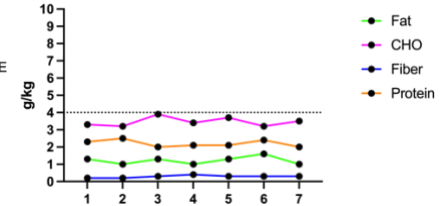




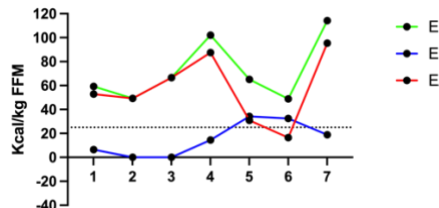
Athlete 5: endurance, 31 y.



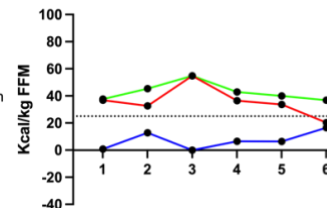
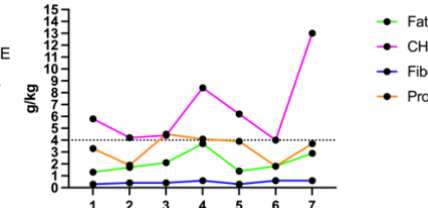
Athlete 6: weight-class, 49 y.



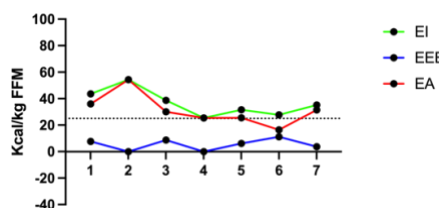
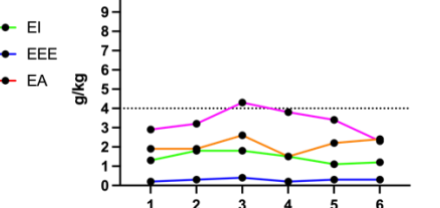
1 LEA day



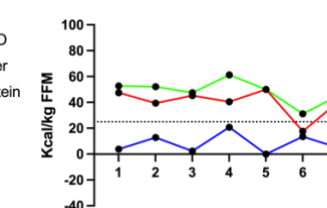
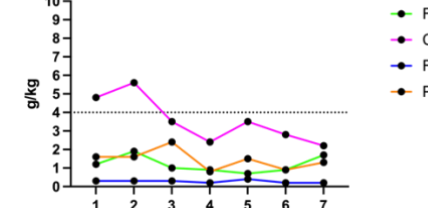
Athlete 7: endurance, 16 y.



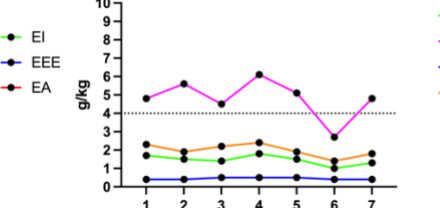
Athlete 8: endurance, 35 y.



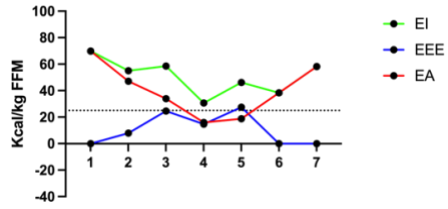
Athlete 9: power, 17 y.



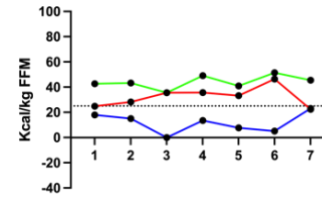
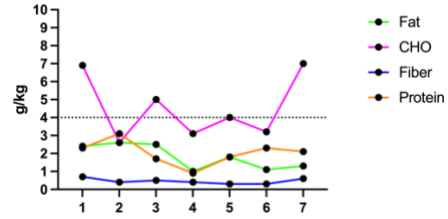
Athlete 10: endurance, 27 y.



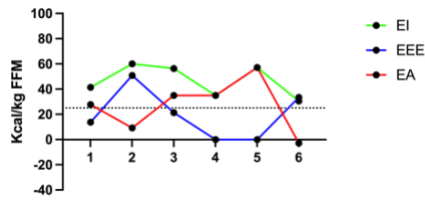
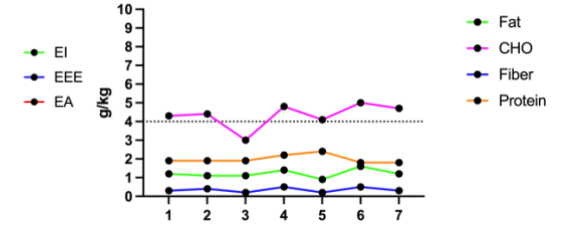
2 LEA days



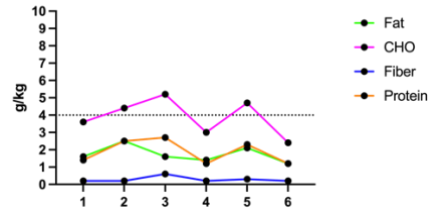
Athlete 11: aesthetic, 17 y.



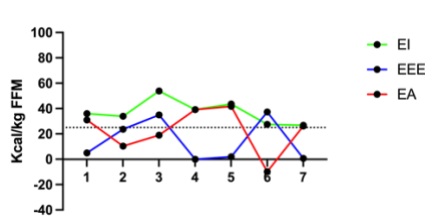
Athlete 12: ball, 27 y.



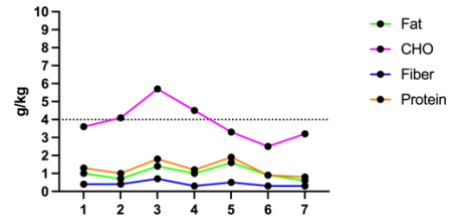
Athlete 13: weight-class, 18 y.



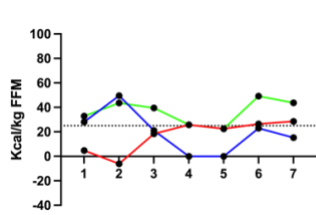
3 LEA days



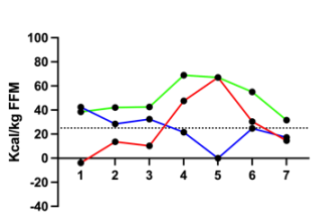
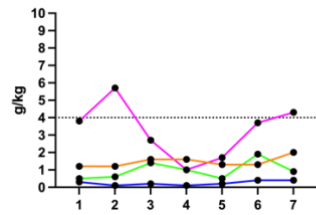
Athlete 14: Endurance, 50 y.



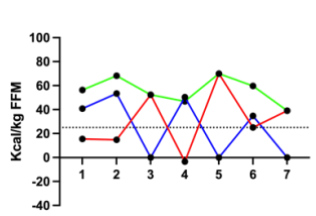
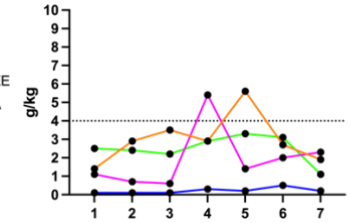
4 LEA days



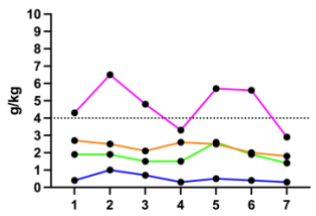
Athlete 15: endurance, 34 y.



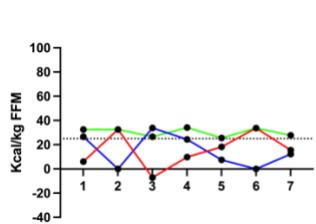
Athlete 16: Aesthetic, 19 y.



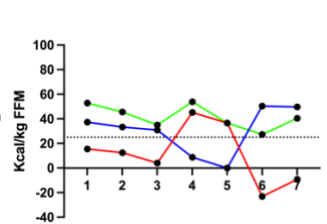
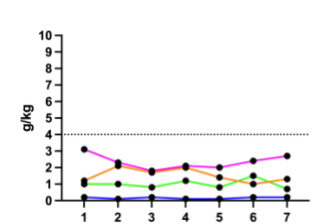
Athlete 17: Aesthetic, 15 y.



5 LEA days



Athlete 18, power, 25 y.



Athlete 19: aesthetic, 30 y.

