## Supplementary Table S2. Food Cravings While Consuming a Standard-Protein OR HIGHER PROTEIN ENERGY RESTRICTED DIET AT HIGH ALTITUDE

		HA			p-value <sup>2</sup>		
SL day 12	Day 1	Day 10	Day 18	Diet	Day	Diet*Day	
uestionnaire <sup>1</sup> (rai	nge: 0 [low] to 1	0 [high])					
ength of craving	S			0.19	$0.03^{3}$	0.58	
$4.9 \pm 2.9$	$3.8 \pm 2.6$	_	$6.2 \pm 3.7$				
$6.3 \pm 1.8$	$5.9 \pm 1.5$	_	$7.0 \pm 2.7$				
				0.30	0.29	0.55	
$5.0 \pm 2.2$	$4.1 \pm 2.4$	_	$5.7 \pm 3.4$				
$5.9 \pm 1.9$	$5.8 \pm 1.6$	_	$6.1 \pm 2.6$				
				0.99	0.90	0.38	
$4.0 \pm 2.0$	$3.9 \pm 2.3$	_	$5.0 \pm 3.9$				
$4.3 \pm 2.9$	$4.6 \pm 3.0$	_	$3.9 \pm 2.3$				
ory <sup>1</sup> (range: 1 [1	ow] to 5 [high])						
, , ,	1 1 0 1/			0.68	$0.03^{4}$	0.80	
$2.4 \pm 0.8$	$2.2 \pm 0.9$	$2.5 \pm 1.2$	$2.6 \pm 1.2$				
$2.7 \pm 0.5$	$2.3 \pm 0.8$	$2.8 \pm 1.1$	$2.7 \pm 1.1$				
				0.21	$0.005^{5}$	0.63	
$2.2 \pm 0.8$	$1.9 \pm 0.9$	$2.3 \pm 1.1$	$2.4 \pm 1.2$				
$2.6 \pm 0.8$	$2.3 \pm 0.7$	$3.0 \pm 1.2$	$3.0 \pm 1.1$				
				0.93	$0.04^{4}$	0.69	
$2.5 \pm 0.8$	$2.2 \pm 0.8$	$2.3 \pm 1.1$	$2.6 \pm 1.2$				
$2.6 \pm 0.5$	$2.1 \pm 0.8$	$2.5 \pm 1.2$	$2.6 \pm 1.1$				
				0.66	$0.02^{5}$	0.86	
$2.8 \pm 1.1$	$2.7 \pm 1.0$	$3.2 \pm 1.3$	$3.2 \pm 1.5$				
$3.2 \pm 0.7$	$2.8 \pm 1.0$	$3.3 \pm 1.2$	$3.4 \pm 1.1$				
				0.86	0.60	0.85	
$2.4 \pm 1.0$	$2.4 \pm 1.0$	$2.6 \pm 1.6$	$2.6 \pm 1.3$				
$2.5 \pm 0.7$	$2.3 \pm 1.1$	$2.5 \pm 1.3$					
	restionnaire $^{1}$ (range ength of cravings $4.9\pm2.9$ $6.3\pm1.8$ $5.0\pm2.2$ $5.9\pm1.9$ $4.0\pm2.0$ $4.3\pm2.9$ ory $^{1}$ (range: 1 [1 $2.4\pm0.8$ $2.7\pm0.5$ $2.2\pm0.8$ $2.6\pm0.8$ $2.6\pm0.5$ $2.8\pm1.1$ $3.2\pm0.7$ $2.4\pm1.0$	restionnaire $^{1}$ (range: 0 [low] to 1 ength of cravings $4.9\pm2.9$ $3.8\pm2.6$ $6.3\pm1.8$ $5.9\pm1.5$ $5.0\pm2.2$ $4.1\pm2.4$ $5.9\pm1.9$ $5.8\pm1.6$ $4.0\pm2.0$ $3.9\pm2.3$ $4.3\pm2.9$ $4.6\pm3.0$ ory $^{1}$ (range: 1 [low] to 5 [high]) $2.4\pm0.8$ $2.2\pm0.9$ $2.7\pm0.5$ $2.3\pm0.8$ $2.2\pm0.8$ $2.2\pm0.8$ $2.2\pm0.8$ $2.2\pm0.8$ $2.3\pm0.7$ $2.5\pm0.8$ $2.2\pm0.8$ $2.2\pm0$	restionnaire (range: 0 [low] to 10 [high]) ength of cravings $4.9 \pm 2.9$ $6.3 \pm 1.8$ $5.9 \pm 1.5$ $5.0 \pm 2.2$ $4.1 \pm 2.4$ $5.9 \pm 1.9$ $4.0 \pm 2.0$ $4.3 \pm 2.9$ $4.6 \pm 3.0$ $4.3 \pm 2.9$ $4.6 \pm 3.0$ $      -$	restionnaire $^1$ (range: 0 [low] to 10 [high]) rength of cravings $4.9 \pm 2.9$ $6.3 \pm 1.8$ $5.9 \pm 1.5$ $ 6.2 \pm 3.7$ $6.3 \pm 1.8$ $5.9 \pm 1.5$ $ 6.2 \pm 3.7$ $6.3 \pm 1.8$ $5.9 \pm 1.5$ $ 6.1 \pm 2.7$ $5.0 \pm 2.2$ $4.1 \pm 2.4$ $5.9 \pm 1.9$ $5.8 \pm 1.6$ $ 6.1 \pm 2.6$ $4.0 \pm 2.0$ $3.9 \pm 2.3$ $4.3 \pm 2.9$ $4.6 \pm 3.0$ $ 3.9 \pm 2.3$ $3.0 \pm 1.1$ $3.0 \pm 1.1$ $3.0 \pm 1.1$ $3.0 \pm 1.1$ $3.2 \pm 0.7$ $3.0 \pm 1.2$ $3.0 \pm 1.1$ $3.2 \pm 0.7$ $3.2 \pm 1.3$ $3.2 \pm 1.5$ $3.2 \pm 0.7$ $3.2 \pm 1.3$ $3.2 \pm 1.5$ $3.2 \pm 0.7$ $3.2 \pm 1.3$ $3.2 \pm 1.5$ $3.2 \pm 0.7$ $3.2 \pm 1.1$	restionnaire $^1$ (range: 0 [low] to 10 [high]) ength of cravings $4.9 \pm 2.9$ $3.8 \pm 2.6$ $ 6.3 \pm 1.8$ $5.9 \pm 1.5$ $ 7.0 \pm 2.7$ 0.30 $5.0 \pm 2.2$ $4.1 \pm 2.4$ $ 5.7 \pm 3.4$ $5.9 \pm 1.9$ $5.8 \pm 1.6$ $ 6.1 \pm 2.6$ 4.0 $\pm 2.0$ $3.9 \pm 2.3$ $ 4.3 \pm 2.9$ $4.6 \pm 3.0$ $ 3.9 \pm 2.3$ cory $^1$ (range: 1 [low] to 5 [high])  2.4 $\pm 0.8$ 2.2 $\pm 0.9$ 2.5 $\pm 1.2$ 2.6 $\pm 0.8$ 2.3 $\pm 0.7$ 2.5 $\pm 0.8$ 2.3 $\pm 0.7$ 2.5 $\pm 0.8$ 2.3 $\pm 0.7$ 2.5 $\pm 0.8$ 2.5 $\pm 1.2$ 2.6 $\pm 0.8$ 2.5 $\pm 1.2$ 2.6 $\pm 0.8$ 2.7 $\pm 0.8$ 2.8 $\pm 1.1$ 2.7 $\pm 1.0$ 2.8 $\pm 1.1$ 2.7 $\pm 1.0$ 3.2 $\pm 1.3$ 3.2 $\pm 0.7$ 3.0 $\pm 1.2$ 3.0 $\pm 1.2$ 4.1 $\pm 0.86$ 3.2 $\pm 0.7$ 3.3 $\pm 0.8$ 3.4 $\pm 1.1$ 4.6 $\pm 0.86$ 4.7 $\pm 0.86$ 4.9 $\pm 0.9$ 4.0 $\pm $	SL day 12         Day I         Day 10         Day 18         Diet         Day           destionnaire (range: 0 [low] to 10 [high])         0.19         0.033           ength of cravings         4.9 ± 2.9         3.8 ± 2.6         —         6.2 ± 3.7         0.30         0.29 $5.0 \pm 2.9$ 4.1 ± 2.4         —         5.7 ± 3.4         0.30         0.29 $5.0 \pm 2.2$ 4.1 ± 2.4         —         5.7 ± 3.4         0.99         0.90 $4.0 \pm 2.0$ 3.9 ± 2.3         —         6.1 ± 2.6         0.99         0.90 $4.0 \pm 2.0$ 3.9 ± 2.3         —         5.0 ± 3.9         0.99         0.90 $4.0 \pm 2.0$ 3.9 ± 2.3         —         5.0 ± 3.9         0.68         0.034 $4.0 \pm 2.0$ 3.9 ± 2.3         —         5.0 ± 3.9         0.68         0.034 $2.4 \pm 0.8$ $2.2 \pm 0.9$ $2.5 \pm 1.2$ $2.6 \pm 1.2$ 0.21         0.0055 $2.2 \pm 0.8$ $2.3 \pm 0.7$ $3.0 \pm 1.2$ $3.0 \pm 1.1$ 0.93         0.044 $2.5 \pm 0.8$ $2.2 \pm 0.8$ $2.3 \pm 1.1$ $2.6 \pm 1.2$ 0.66         0.025 $2.8 \pm $	

Values are mean  $\pm$  SD. Volunteers consumed a hypocaloric standard-protein (SP, 1.1 g/kg/d, n=8) or higher protein (HP; 2.1 g/kg/d, n=9) diet while living at high altitude (HA, 4300 m).

Questionnaires administered at sea level (SL) and HA asked about average cravings over the previous week.

2-5 Linear mixed model with subject included as a random factor and Bonferroni corrections.  $^3$  HA day 1 is significantly different from HA day 18 in the combined cohort (p<0.05).  $^4$ No significant pairwise differences across days.  $^5$ HA day 1 is significantly different from HA days 10 and 18 in the combined cohort (p<0.05).