

SUPPLEMENTARY TABLE S2. FOOD CRAVINGS WHILE CONSUMING A STANDARD-PROTEIN OR HIGHER PROTEIN ENERGY RESTRICTED DIET AT HIGH ALTITUDE

	<i>SL day 12</i>	<i>HA</i>			<i>p-value</i> <sup>2</sup>		
		<i>Day 1</i>	<i>Day 10</i>	<i>Day 18</i>	<i>Diet</i>	<i>Day</i>	<i>Diet*Day</i>
Control of Eating Questionnaire <sup>1</sup> (range: 0 [low] to 10 [high])							
Frequency and strength of cravings					0.19	0.03 <sup>3</sup>	0.58
SP	4.9±2.9	3.8±2.6	—	6.2±3.7			
HP	6.3±1.8	5.9±1.5	—	7.0±2.7			
Craving savory					0.30	0.29	0.55
SP	5.0±2.2	4.1±2.4	—	5.7±3.4			
HP	5.9±1.9	5.8±1.6	—	6.1±2.6			
Craving sweets					0.99	0.90	0.38
SP	4.0±2.0	3.9±2.3	—	5.0±3.9			
HP	4.3±2.9	4.6±3.0	—	3.9±2.3			
Food Craving Inventory <sup>1</sup> (range: 1 [low] to 5 [high])							
Total score					0.68	0.03 <sup>4</sup>	0.80
SP	2.4±0.8	2.2±0.9	2.5±1.2	2.6±1.2			
HP	2.7±0.5	2.3±0.8	2.8±1.1	2.7±1.1			
High fat					0.21	0.005 <sup>5</sup>	0.63
SP	2.2±0.8	1.9±0.9	2.3±1.1	2.4±1.2			
HP	2.6±0.8	2.3±0.7	3.0±1.2	3.0±1.1			
High carbohydrate					0.93	0.04 <sup>4</sup>	0.69
SP	2.5±0.8	2.2±0.8	2.3±1.1	2.6±1.2			
HP	2.6±0.5	2.1±0.8	2.5±1.2	2.6±1.1			
Fast foods					0.66	0.02 <sup>5</sup>	0.86
SP	2.8±1.1	2.7±1.0	3.2±1.3	3.2±1.5			
HP	3.2±0.7	2.8±1.0	3.3±1.2	3.4±1.1			
Sweets					0.86	0.60	0.85
SP	2.4±1.0	2.4±1.0	2.6±1.6	2.6±1.3			
HP	2.5±0.7	2.3±1.1	2.5±1.3	2.3±1.3			

Values are mean±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).

<sup>1</sup>Questionnaires administered at sea level (SL) and HA asked about average cravings over the previous week.

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