Supplementary Table S1. Relationship Between Changes in Thyroid Hormones Concentrations and Changes in 24-Hour Energy Expenditure and 24-Hour Respiratory Quotient During Dietary Interventions

	FST	*HPF*	*LPF*
Change in fT4 (ng/dL) versus			
Change in 24-hour EE (kcal/day)	$r=-0.06$	$r=-0.19$	$r=0.07$
	$p=0.6$	$p=0.2$	$p=0.6$
Change in 24-hour EE (%)	$r=-0.05$	$r=-0.15$	$r=0.05$
	$p=0.7$	$p=0.3$	$p=0.7$
Change in 24-hour RQ (ratio)	$r=0.24$	$r=-0.21$	$r=0.08$
	$p=0.07$	$p=0.2$	$p=0.7$
Change in fT3 (pg/mL) versus			
Change in 24-hour EE (kcal/day)	$r=-0.04$	$r=-0.06$	$r=-0.08$
	$p=0.8$	$p=0.7$	$p=0.5$
Change in 24-hour EE (%)	$r=-0.05$	$r=-0.02$	$r=-0.1$
	$p=0.7$	$p=0.8$	$p=0.4$
Change in 24-hour RQ (ratio)	$r=-0.05$	$r=-0.17$	$r=-0.003$
	$p=0.7$	$p=0.2$	$p=0.9$

The table shows the strength of relationship between the changes in plasma fT4 and fT3 concentrations and the change in 24-hour EE (expressed as absolute value and as percentage of 24-hour EE during energy balance) and the change in 24-hour RQ. The absolute change in 24-hour EE is referring to the difference between the 24-hour EE during each diet and the 24-hour EE during energy balance. Similarly, the change in 24-hour RQ is referring to the absolute difference between the 24-hour RQ during each diet and the 24-hour RQ during energy balance. Associations were quantified by the Pearson correlation index.

EE, energy expenditure; FST, 24-hour fasting; fT3, free triiodothyronine; fT4, free thyroxine; HPF, high-protein overfeeding with 26% carbohydrate, 44% fat, and 30% protein; LPF, low-protein overfeeding with 51% carbohydrate, 46% fat, and 3% protein; RQ, respiratory quotient.