Table SDC 3. Actual dietary intake during baseline testing and following adaptation to a dietary intervention undertaken by elite race walkers

	High CHO Availability (n=9)	Low CHO, High Fat (n=9)
	Baseline Period	
Energy intake (kJ·d^{-1})	14916 ± 1573	15194 ± 1494
Energy intake (kJ·kg·d^{-1})	231.3 ± 13.9	234.0 ± 14.3
CHO (g·d^{-1})	538 ± 58	537 ± 60
CHO (g·kg·d^{-1})	8.5 ± 0.7	8.5 ± 0.5
CHO (E%)	62.1 ± 1.0	61.9 ± 0.7
Protein (g·d^{-1})	133 ± 15	132 ± 16
Protein (g·kg·d^{-1})	2.0 ± 0.0	2.1 ± 0.1
Protein (E%)	15.3 ± 0.2	15.3 ± 0.3
Fat (g·d^{-1})	83 ± 10	84 ± 8
Fat (g·kg·d^{-1})	1.3 ± 0.0	1.3 ± 0.0
Fat (E%)	20.5 ± 0.9	20.8 ± 0.4
	Adaptation Period	
Energy intake (kJ·d^{-1})	14690 ± 1497	14375 ± 1420
Energy intake (kJ·kg·d^{-1})	227.7 ± 11.0	221.4 ± 15.4**
CHO (g·d^{-1})	533 ± 51$^{\#\#\#}$	38 ± 4***
CHO (g·kg·d^{-1})	8.3 ± 0.5$^{\#\#\#}$	0.6 ± 0.1***
CHO (E%)	61.7 ± 0.8$^{\#\#\#}$	4.5 ± 0.2***
Protein (g·d^{-1})	133 ± 15	135 ± 15
Protein (g·kg·d^{-1})	2.1 ± 0.1	2.1 ± 0.1
Protein (E%)	15.4 ± 0.3$^{**,\#\#}$	16.0 ± 0.2
Fat (g·d^{-1})	83 ± 10$^{\#\#\#}$	296 ± 29***
Fat (g·kg·d^{-1})	1.3 ± 0.0$^{\#\#\#}$	4.7 ± 0.3***
Fat (E%)	20.8 ± 0.5$^{\#\#\#}$	76.2 ± 0.4***

Data are mean ± SD. Baseline period = HCHO intake in all groups. Significant differences within group between Baseline and Adaptation denoted by **(p<0.005), ***(p<0.0001). Significant differences between HCHO and LCHF denoted by $^{\#\#}$(p<0.005), $^{\#\#\#}$(p<0.0001).