

**Supplemental Table S3.** Absolute quantities of calories and macronutrients, stratified by the type of diet. Values are mean  $\pm$  standard deviation. P-value  $< 0.05$  is bolded.

	<b>Provided Intake</b>	<b>Reported Intake</b>	<b>p-value</b>
<b>standard diet</b>			
calories (kcal)	2676 $\pm$ 498	2726 $\pm$ 668	0.82
carbohydrates (g)	328 $\pm$ 70	322 $\pm$ 88	0.86
fat (g)	115 $\pm$ 35	109 $\pm$ 35	0.68
protein (g)	95 $\pm$ 19	123 $\pm$ 41	<b>0.03</b>
<b>high carbohydrate diet</b>			
calories (kcal)	2777 $\pm$ 495	2823 $\pm$ 991	0.88
carbohydrates (g)	535 $\pm$ 97	479 $\pm$ 171	0.32
fat (g)	34 $\pm$ 9	55 $\pm$ 21	<b>0.003</b>
protein (g)	103 $\pm$ 19	119 $\pm$ 41	0.23
<b>high fat diet</b>			
calories (kcal)	2722 $\pm$ 496	2791 $\pm$ 565	0.77
carbohydrates (g)	173 $\pm$ 33	205 $\pm$ 55	0.12
fat (g)	185 $\pm$ 34	171 $\pm$ 37	0.36
protein (g)	101 $\pm$ 18	116 $\pm$ 28	0.15