

Supplementary table 1: Dietary intake of calorie, protein, carbohydrates, fat and caffeine in both study groups before and after the intervention.

Variables	Group A before intervention	Group B before intervention	p ^b	Group A after intervention	Group B after intervention	p ^b
Protein intake [g/day]	78.82±19.80	64.75±13.81	0.0771	69.58±15.06	67.41±14.92	0.8357
P ^a				0.4485	0.6043	
Carbohydrates intake [g/day]	237.46±73.51	223.75±40.84	0.6086	201.01±88.62	208.07±35.63	0.8749
				0.0983	0.0666	
Fat intake [g/day]	70.06±24.42	63.45±12.60	0.4528	56.97±29.44	55.25±14.15	0.9107
P ^a				0.0627	0.7513	
Caffeine intake [mg/day]	157.56±81.85	88.79±65.59	0.0528	151.12±45.46	91.20±82.70	0.2380
P ^a				0.1904	0.3913	
Energy [kcal/day]	1895.64±530.58	1725.05±254.38	0.3674	1657.41±667.06	1611.78±243.50	0.8901
P ^a				0.0981	0.1802	

^aThe paired sample t-test (within group over time differences)

^bThe independent samples t-test (between-group differences)