

Supplementary Table 3 Daily energy and nutrient intake in the total study population, and for men and women separately

	Total (n=1993)[†]	Men (n=891)	Women (n=1095)	p-value men vs women*
Energy (kcal)	2095 (1700 – 2538)	2365 (1954 -2806)	1898 (1574 – 2270)	<0.001
Total carbohydrates (g) (En%)	229 (184 – 280) 44 (41 – 47)	259 (209 – 314) 44 (41 – 47)	209 (169 – 251) 44 (41 – 48)	<0.001 0.199
Mono- and disaccharides (g)	98 (78 – 122)	103 (79 – 128)	95 (75 – 116)	<0.001
Polysaccharides (g)	129 (99 – 164)	154 (123 – 188)	113 (87 – 142)	<0.001
Total fat (g) (En%)	83 (64 – 103) 36 (32 – 39)	94 (73 – 115) 36 (32 – 39)	75 (59 – 93) 36 (32 – 39)	<0.001 0.787
Saturated fatty acids (g)	27 (20 – 36)	31 (23 – 39)	25 (19 – 32)	<0.001
Monounsaturated fatty acids (g)	30 (24 – 38)	33 (26 – 42)	28 (22 – 35)	<0.001
Polyunsaturated fatty acids (g)	17 (13 – 22)	20 (15 – 25)	15 (11 – 20)	<0.001
Alpha-linoleic acid (ALA) (g)	1.73 (1.35 – 2.28)	1.95 (1.50 – 2.51)	1.60 (1.24 – 2.04)	<0.001
Eicosapentaenoic acid (EPA) (g)	0.08 (0.04 – 0.13)	0.08 (0.04 – 0.13)	0.08 (0.03 – 0.14)	0.111
Docosahexaenoic acid (DHA) (g)	0.11 (0.04 – 0.17)	0.10 (0.04 – 0.17)	0.11 (0.03 – 0.18)	0.437
Cholesterol (mg)	198 (141 – 270)	217 (156 – 296)	183 (130 – 246)	<0.001
Total protein (g) (En%)	76 (63 – 93) 15 (13 – 16)	87 (72 – 102) 15 (13 – 16)	70 (57 – 84) 15 (13 – 16)	<0.001 0.485
Vegetable protein (g)	39 (30 – 49)	44 (35 – 55)	35 (27 – 43)	<0.001
Animal protein (g)	38 (27 – 48)	41 (31 – 53)	35 (25 – 45)	<0.001
Alcohol (g)	4 (1 – 10)	6 (2 – 13)	3 (1 – 8)	<0.001
Fibre (g)	26 (21 – 33)	29 (23 – 36)	24 (19 – 30)	<0.001
Retinol (µg)	377 (243 – 575)	469 (298 – 692)	325 (213 – 468)	<0.001
Retinol equivalents (µg)	813 (592 – 1089)	846 (610 – 1141)	791 (583 – 1047)	<0.001
Vitamin B1 (mg)	1.0 (0.8 – 1.2)	1.1 (0.9 – 1.3)	0.9 (0.7 – 1.0)	<0.001
Vitamin B2 (mg)	1.4 (1.1 – 1.8)	1.6 (1.3 – 2.0)	1.3 (1.1 – 1.6)	<0.001
Vitamin B6 (mg)	1.6 (1.3 – 2.0)	1.8 (1.4 – 2.2)	1.5 (1.2 – 1.8)	<0.001
Folate (present in food by nature) (µg)	266 (216 – 325)	276 (222 – 340)	260 (211 – 316)	<0.001
Folate equivalents (µg)	288 (230 – 358)	300 (238 – 380)	278 (224 – 342)	<0.001
Vitamin B12 (µg)	3.9 (2.7 – 5.4)	4.2 (3.1 – 5.8)	3.6 (2.5 – 4.9)	<0.001
Vitamin C (mg)	92 (69 – 120)	88 (64 – 118)	94 (73 – 121)	<0.001
Vitamin D (µg)	2.7 (1.9 – 3.9)	3.2 (2.2 – 4.4)	2.4 (1.7 – 3.4)	<0.001
Vitamin E (mg)	14 (11 – 18)	15 (12 – 19)	13 (10 – 16)	<0.001
Calcium (mg)	988 (769 – 1251)	1052 (804 – 1310)	938 (732 – 1183)	<0.001
Total iron (mg)	12 (10 – 14)	13 (11 – 16)	11 (9 – 13)	<0.001
Haem iron (mg)	0.7 (0.3 – 1.1)	0.8 (0.5 – 1.2)	0.6 (0.3 -1.0)	<0.001
Non haem iron (mg)	11.2 (9.1 – 13.6)	12 (10 – 15)	11 (9 – 13)	<0.001
Magnesium (mg)	388 (314 – 475)	431 (350 – 519)	360 (292 – 435)	<0.001
Zinc (mg)	10 (8 – 12)	11 (10 – 14)	9 (8 – 11)	<0.001
Selenium (µg)	43 (35 – 53)	48 (39 – 57)	40 (32 – 48)	<0.001

Data are presented as median (25th-75th percentile).

* P-values were obtained with a Mann-Whitney U test; statistical significance (p<0.05) is indicated in bold.

[†] The total population includes 5 gender-neutral runners and 2 runners who did not fill in their gender.