

Supplementary Table 2 Daily habitual dietary 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
<i>Nutrients</i>				
Total carbohydrates (g)	229 (184 – 280)	259 (209 – 314)	209 (169 – 251)	<0.001
Total fat (g)	83 (64 – 103)	94 (73 – 115)	75 (59 – 93)	<0.001
Total protein (g)	76 (63 – 93)	87 (72 – 102)	70 (57 – 84)	<0.001
Fibre (g)	26 (21 – 33)	29 (23 – 36)	24 (19 – 30)	<0.001
<i>Food groups</i>				
Vegetables (g)	163 (100 – 249)	136 (80 – 213)	187 (118 – 274)	<0.001
Fruit (g)	220 (113 – 256)	203 (101 – 256)	224 (128 – 256)	<0.001
Total grain products	208 (140 – 280)	251 (182 – 329)	171 (113 – 235)	<0.001
Whole grain products (g)	107 (54 – 155)	139 (89 – 194)	83 (42 – 123)	<0.001
Refined grain products (g)	93 (59 – 133)	108 (70 – 147)	81 (52 – 117)	<0.001
Legumes (g)	17 (5 – 35)	17 (5 – 43)	17 (5 – 35)	0.013
Nuts (g)	12 (4 – 25)	12 (4 – 27)	12 (4 – 24)	0.238
Dairy (g)	216 (108 – 374)	257 (129 – 434)	189 (92 – 331)	<0.001
Fish (g)	17 (8 – 29)	14 (5 – 17)	12 (5 – 17)	0.101
Tea (g)	192 (15 – 439)	97 (0 – 340)	292 (71 – 510)	<0.001
Fats and oils (g)	17 (8 – 29)	23 (11 – 35)	14 (7 – 24)	<0.001
Meat (g)	54 (17 – 92)	66 (33 – 105)	44 (8 – 82)	<0.001
Red meat (g)	32 (10 – 56)	37 (16 – 61)	27 (4 – 53)	<0.001
Processed meat (g)	17 (4 – 36)	25 (9 – 45)	13 (1 – 28)	<0.001
Sweetened beverages and fruit juices (g)	33 (7 – 116)	57 (15 – 163)	25 (2- 78)	<0.001
Alcoholic drinks (g)	70 (17 – 162)	114 (38 – 230)	44 (10 – 114)	<0.001
Unhealthy choices (g)	132 (89 – 184)	151 (108 – 205)	117 (79 – 166)	<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.