

Appendix table 1. Meal timing n (%), and comparison between sex and school grade.

	Eating within 3 hours before handball training, n (%)	Prevalence ratio for eating within 3 hours before handball training (95% CI)
All (n=1040)	916 (88)	
Sex		
Male (n=532)	487 (92)	1 (Ref)*
Female (n=508)	429 (84)	0.92 (0.79, 1.05)
School grade		
1 <sup>st</sup> (n=498)	444 (89)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=295)	262 (89)	1.00 (0.86, 1.13)
3 <sup>rd</sup> (n=247)	210 (85)	0.96 (0.82, 1.10)
	Eating within 1 hour after handball training, n (%)	Prevalence ratio for eating within 1 hour after handball training (95% CI)
All (n=1040)	939 (90)	
Sex		
Male (n=532)	492 (92)	1 (Ref)*
Female (n=508)	447 (88)	0.96 (0.83, 1.09)
School grade		
1 <sup>st</sup> (n=498)	469 (94)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=295)	260 (88)	0.94 (0.81, 1.07)
3 <sup>rd</sup> (n=247)	210 (85)	0.91 (0.77, 1.05)

\*Adjusted for school grade.

<sup>†</sup>Adjusted for sex.

Appendix table 2. Intake during training/game n (%), and comparison between sex and school grade.

	Intake during training/game, n (%)	Prevalence ratio for intake during training/game (95% CI)
All (n=1040)	177 (17)	
Sex		
Male (n=532)	101 (19)	1 (Ref)*
Female (n=508)	76 (15)	0.89 (0.59, 1.19)
School grade		
1 <sup>st</sup> (n=498)	95 (19)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=295)	41 (14)	0.99 (0.63, 1.35)
3 <sup>rd</sup> (n=247)	41 (17)	0.99 (0.63, 1.35)

\*Adjusted for school grade.

<sup>†</sup>Adjusted for sex.

Appendix table 3. Use of dietary supplements n (%), and comparison between sex and school grade.

	Use of dietary supplements, n (%)	Prevalence ratio for use of dietary supplements (95% CI)
All (n=1040)	290 (28)	
Sex		
Male (n=532)	157 (30)	1 (Ref)*
Female (n=508)	133 (26)	0.89 (0.66, 1.12)
School grade		
1 <sup>st</sup> (n=498)	140 (28)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=295)	82 (28)	0.99 (0.73, 1.25)
3 <sup>rd</sup> (n=247)	68 (28)	0.99 (0.71, 1.27)
	Use of micronutrient supplements, n (%)	Prevalence ratio for use of micronutrient supplements (95% CI)
All (n=290)	199 (69)	
Sex		
Male (n=157)	76 (48)	1 (Ref)*
Female (n=133)	118 (89)	1.72 (1.43, 2.00)
School grade		
1 <sup>st</sup> (n=140)	95 (68)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=82)	58 (71)	1.06 (0.76, 1.36)
3 <sup>rd</sup> (n=68)	46 (68)	1.03 (0.72, 1.34)
	Use of protein/creatine supplements, n (%)	Prevalence ratio for use of protein/creatine supplements (95% CI)
All (n=290)	81 (28)	
Sex		
Male (n=157)	77 (49)	1 (Ref)*
Female (n=133)	4 (3)	0.06 (0.00, 1.06)
School grade		
1 <sup>st</sup> (n=140)	36 (26)	1 (Ref) <sup>†</sup>
2 <sup>nd</sup> (n=82)	18 (22)	0.82 (0.27, 1.37)
3 <sup>rd</sup> (n=68)	27 (40)	1.42 (0.95, 1.89)

\*Adjusted for school grade.

<sup>†</sup>Adjusted for sex.