

Supplemental Table 1

	Total kcal/kg/day		Fat kcal/kg/day		Protein kcal/kg/day		Carbohydrate kcal/kg/day	
F1	Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	Baseline	After Diet
PC-C	241 ± 62 ^A	222 ± 72 ^A	32 ± 8 ^A	30 ± 7 ^A	64 ± 17 ^{AB}	59 ± 19 ^A	145 ± 37 ^{AB}	134 ± 43 ^A
PC-H	247 ± 61 ^{AB}	165 ± 82 ^B	40 ± 17 ^{BC}	62 ± 31 ^B	64 ± 17 ^A	34 ± 17 ^B	135 ± 48 ^C	67 ± 33 ^B
PR-C	293 ± 80 ^C	241 ± 105 ^A	39 ± 11 ^{BD}	32 ± 14 ^A	78 ± 21 ^C	64 ± 28 ^A	176 ± 48 ^A	145 ± 63 ^A
PR-H	262 ± 79 ^B	209 ± 97 ^C	42 ± 21 ^{CD}	77 ± 35 ^C	68 ± 21 ^{BC}	43 ± 20 ^C	141 ± 58 ^{BC}	82 ± 37 ^C
F2								
PC-C-C	235 ± 57 ^A	196 ± 59 ^{ABC}	31 ± 8 ^A	26 ± 8 ^A	62 ± 15 ^A	52 ± 16 ^A	142 ± 34 ^A	118 ± 35 ^A
PC-C-H	247 ± 76 ^A	181 ± 79 ^{AD}	41 ± 23 ^B	60 ± 27 ^B	64 ± 20 ^A	39 ± 17 ^B	130 ± 53 ^A	61 ± 28 ^B
PR-C-C	240 ± 78 ^A	213 ± 76 ^B	32 ± 10 ^{AB}	28 ± 10 ^A	64 ± 21 ^A	57 ± 20 ^A	144 ± 47 ^A	128 ± 45 ^A
PR-C-H	241 ± 85 ^A	194 ± 97 ^{CD}	37 ± 21 ^{AB}	64 ± 31 ^B	63 ± 22 ^A	42 ± 22 ^B	132 ± 53 ^A	68 ± 35 ^B